

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter June, 2011.

Monthly meeting. Joyce introduced the meeting in Michael's absence. She updated the meeting about recruitment and confirmed the death of Wendy Glenday, who passed away 29 May 2011. Her cremation took place at the Markeaton Crematorium on 14 June, with large numbers (including many Take Heart'ers) paying their last respects to a wonderful lady who will be sadly missed by so many. The minister gave a very moving talk from notes prepared from Doug, which included a potted history of Wendy's busy and interesting life. Friends gathered at the Mackworth Hotel afterwards to reminisce, and support and comfort Doug.

This month's speaker, Jean Henshaw, entertained us with her recollection of taking her driving test. Throughout a varied and interesting life, she has been the Mayor of Matlock Town, run a B and B for 30 years, and brought up 5 children, all of which she says, needs a sense of humour. She admits to being an avid talker, and has spent 30 years giving humorous talks based on personal experiences. Learning to drive and taking her driving test was one such daunting experience. At 7s6d per hour, the lessons were costly, but her driving instructor, who always wore a gabardine Macintosh and a trilby hat, was very forthright. They drove onto the moors and parked up to discuss the Highway Code, but Jean was far more interested to see the man who emerged from the woods and climbed over the wall, shortly followed by a lady Jean knew was not his wife! Full of potential gossip, she later came face to face with the man in question who suggested that "I won't tell, if you won't!" Eventually, Jean took her driving test in Chesterfield. The examiner, dressed in a long leather coat and trilby hat, was a dour and sour faced man, who declared that he would not speak - only give signals. Unfortunately Jean's car gave her a problem as it just would not start, until he told her that the handbrake was fully on. Not a good start. Things got even worse when he gave her the signal to turn left. She knew there was no left turn, so took a right - only to get completely stuck down a narrow cul-de-sac and had to ask the examiner to get her out again. By this time, she knew she had failed, but as she was really good at emergency stops, she took the opportunity to demonstrate her ability - so well that the examiner's false teeth dropped out on to the car floor. Perhaps it is notable that Jean had not driven into the city? She parked at Marilyn's house and was escorted to the meeting by Joyce and Marilyn instead. Perhaps a wise decision!

The members of Take Heart (Derby) were thoroughly entertained and would welcome her at a future meeting.

Member News. On a positive note it is pleasing to announce that Michael & Pamela Brinkworth and John Bartram have become our latest members. We extend a warm welcome to them all and hope to see them at many of our gatherings. Don't forget about Alan Rowlatt, who is keen to do some voluntary work. He is willing to undertake painting and decorating, driving, gardening and any odd jobs that you may have. He will not make a charge, apart from any materials he has to buy and the cost of his petrol of course. Those receiving his assistance could make a contribution to Take Heart (Derby) in lieu of payment to him. Where can you get a better offer than that these days? If you need his help then please contact him on 01332 758821 or write to 100 Shardlow Road, Alvaston, Derby DE24 0JQ.

We extend our heartiest congratulations to David and April Howe who celebrate their 50th wedding anniversary on 29th July, have a golden day. "Many happy returns" for birthdays in July are sent to Kath Hemsley, Kath Robinson, Bob Bletchley, Eric Ward, Terry Rodgers and Marilyn Thompson. We hope you all have a very happy day.

Walking. The first 🐢 walk got off to a poor start on Saturday, 28



May. Three walkers turned up and so Michael did part of the walk to keep them company. It was a bit overcast at the outset but the cloud broke to produce a sunny day and saw the walkers enjoy the easy walk from Baslow to Chatsworth House



and back. David and Barbara took advantage of the famous "Cannons Kissing Gate"

Our regular walk for June also combined with a Sunday informal lunch in Tissington. Nine people completed the walk, including 2 year old Issacc and his cousin 8 year old Oliver. It makes me feel a bit embarrassed that I cannot do the walks and he can. Thanks to the Whewell family who made up the numbers for this walk. At midday on the same day, in the same area, a few members congregated at the Bluebell Inn, where they all enjoyed a relaxing Sunday lunch.



The next 🐢 walk will meet in the Visitor Centre Car Park at Carsington Reservoir at 9.45 am on Saturday 25 June. Carsington is a renowned beauty spot for wildlife and sporting recreation. Bring the children along (there is a delightful play area) and a pretty good restaurant for refreshments when you have finished the walk.

Our next regular walk starts from our Chairman's home on Sunday 10 July for a walk around Mackworth and Markeaton. It should blow the cobwebs out of your mind from the Strawberry Tea and Garden Party the day before. Again we meet at 9.45 am for registration. For more information about walks, contact David Rowe on 01332 767368 or Noel Clough on 01332 727541.

Swimming. The Queens Leisure Centre staff has assured Michael that the staffing difficulties have been resolved. It would be prudent to telephone 01332 641444 for confirmation that the swimming session is going ahead before you leave home.

Lunch. Visit to Melbourne Hall and Gardens. Those who remember the excellent talk given by the Curator of Melbourne Hall, Jill Weston at a Take Heart meeting, may also recall that we said we would try to arrange a visit when the hall is open to the public. We have selected Thursday 18th August for our visit as both the hall and gardens will be open. Admission prices are: **Hall**- £4 and £3.50 for OAP, **Hall AND gardens** £6.50 or £5.50 for OAP's, **Gardens** £4.50 or £3.50 for OAP/child. The house is open for viewing from 2 p.m. to 4.14 p.m. No dogs are allowed, no parking available or disabled access. As the teashop gets very busy, we plan to have lunch first at the nearby Melbourne Hotel, Bar and Restaurant on the A514 at 2 Derby Road, Melbourne DE73 8FE. The hotel was recently reopened after substantial refurbishment. Food is served in the bar or restaurant and there is a patio area which is popular during the summer months. Register your intent with Marilyn on 01332 558756. Those needing transport should request this at the time, we will do our best to arrange this. There is plenty of time to put this date in your diary. Let's have a good turn-out for this once a year opportunity. Start booking today.

Strawberry Tea and Garden Party. As we advised you last month, our summer garden party will be held on Saturday 9th July at Willowbrook, Markeaton Lane, Derby, DE22 4NH. Commencing at 2.30 pm, it promises to be an exciting afternoon for all. There will be food, strawberries and scones, sandwiches, cakes, tea and coffee. For your entertainment there will be a prize quiz, tombola, games for young and old and hopefully a marquee in case of inclement weather. We hope that you will all come along, bring friends and family with you. The tickets cost £5 for adults and £3 for children 12 years and under. Tickets are selling well at this time, so don't delay, order yours today. **Please buy your tickets in advance** as it will enable us to gauge refreshments accurately. Tickets on the gate will be £7. To obtain tickets please ring Michael on 01332 380219, ask any of the committee members or write to Michael enclosing your cheque made payable to "Take Heart (Derby)". Our President, Julia Baron, will be in attendance, so come along and support her and your committee. **Please remember to bring your own cutlery and a garden chair as usual.**

Volunteers. Some help would be appreciated during the Garden Party. Any offers to Trisha on 01332 380219.

Summer Social. Our sister group in Nottingham, the Cardiac Support Group (Nottingham) are holding a Summer Social event on 28 July. Anyone interested in joining Trisha and Michael please contact Michael direct.

A miracle pill? A drug that can "trick" the heart into mending itself could be available within 10 years. British researchers are so impressed with preliminary results they are predicting that it could be in widespread use without the fear of rejection by the body. Professor Peter Weissberg, of the British Heart Foundation is "excited" by this development and that there is to be "a new treatment for heart patients." Wow, we must watch out for this.

Another Pill! Great news. There is another daily pill that will keep you young. The downside for most of us is that we must start taking it in mid-life, whatever that is! Let's keep hoping.

Gardening. What a relief it was to have all that rain on Sunday. After all the weeks of dry weather the gardens really needed it and how much better they look now. The flowers look brighter, the trees look greener and the lawns will hopefully lose their brown patches. I would think that many of you have already planted out the bedding plants that give us so much pleasure but if you have not done so now's the time to do it. As many of the bedding plants are now in flower it will be much easier to colour co-ordinate your plants in tubs and baskets. It is a good idea to add some water-retaining granules and some slow feed granules to your compost. This makes care much easier during the summer. Remember to deadhead the flowers as they go over for this encourages more flowers to be produced. It is now time to protect young shoots from attack by slugs and snails. Treat roses to prevent pests and diseases from getting hold. Divide clumps of primula and primroses. Protect young plants from slugs and snails. Deadhead faded rhododendron camellia and azalea flowers. Take shears to early-flowering perennials such as aubretia, arabis and alyssum. And, - after all that if you still have any strength left get out a garden chair, make a cup of tea (or something stronger) and sit back and enjoy the fruits of your labour. Happy gardening!

Comment corner. We have received comment about the photography incorporated into the Newsletter. When you see it in full colour it looks great but not so good when it is photocopied. We will convert each photograph into black & white before adding to the Newsletter. Let me know what you think of this change. Alternatively, those who wish to view the Newsletter in colour can log on to our web site and download it or you could have it delivered via email. Let Michael know if you wish to do either of these.

We have received the next two items from Rita Flude, sister-in-law of Michael & Trisha.

A beautiful Parable. A young woman came out of her house and saw three old men sitting in her front yard. She did not recognise them. She said "I don't think I know you but you must be hungry. Please come in and have something to eat". "Is the man of the house at home", they asked? "No," she replied. "He is out." "Then we cannot come in," they said. In the evening when her husband came home, she told him what had happened. "Go tell them I am home and invite them in". "We do not go into a House together," they Replied. "Why is that," she asked. One old man explained "His name is Wealth," he said pointing to one of his friends, and pointing to the other said "He is Success and I am Love". "Now go and discuss with your husband which one of us you want to come into your home." The woman went in and told her husband what was said. Her husband was overjoyed. He said "How nice, let us invite wealth. Let him come in and fill our house with wealth". She disagreed. "My dear, why don't we invite Success?" Their daughter-in-law was listening in the corner of the room and said "Would it not be better to invite Love? That way, our house will be filled with Love!" "Let us heed our daughter-in-laws advice," said the husband to his wife. "Go out and invite Love to be our guest". Love got up and started walking into the house. The other two stood up and followed him. Surprised, the lady asked Wealth and Success "I only invited Love, why are you coming in?" The old men replied together "If you had invited Wealth and Success in, the other two of us would have stayed out. But since you invited Love, wherever he goes, we go with him. Wherever there is Love, there is also wealth and Success!!!!!!

My wish for you.

Where there is pain, I wish you peace and mercy.


Where there is self-doubting, I wish you renewed confidence in your ability to work through it.

Where there is tiredness or exhaustion, I wish you understanding, patience and strength.

Where there is fear, I wish you love and courage.

For your June/July diary.

June.


Saturday 25th. Tortoise  "walking back to health" takes an easy walk around Carsington Water. Meet in the main car park at the Visitor Centre at 9.45.

Tuesday 28th. Coffee morning at Derby Cathedral Coffee-shop 10:30 am to 11:30am.

July.

Saturday 9th. Strawberry Tea and Garden Party at Willowbrook from 2.30 pm. Lots of good food and refreshment, fun and games for all the family. Tickets in advance from committee members or send a cheque payable to Take Heart (Derby) to Michael, £5.00 adults, £3.00 children 12 years and under (£7.00 on the day). Bring **ALL** your family.

Sunday 10th. Our regular "Walking back to health" walk takes us from Willowbrook around Mackworth and Markeaton. Meet at 9.45 as usual.

Saturday 23rd. Tortoise  "walking back to health" takes a gentle stroll around Elvaston Castle grounds. Meet in the main car park at 9.45 to walk at 10.15.

Tuesday 26th. Coffee morning at Derby Cathedral Coffee-shop 10:30 am to 11:30am.

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers, 01332 785597 for phase 4 rehab only. Fit and for U with BACR instructors, contact Matt on 01332 832224.

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

Swimming.

For Take Heart (Derby) members only, at Queen's Leisure Centre, Family Pool every Wednesday from 3:15pm to 4pm. Cost £2.15 or £1.70 for those with a "passport to swim". Telephone the pool on 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 or Betty Hassell 01332 518402.

Any queries, comments or questions about Take Heart (Derby) should be directed to our Chairman Michael Flude on 01332 380219, by post to Willowbrook, Markeaton Lane, Derby DE22 4NH or email michael.flude@takeheartderby.co.uk

Items for the newsletter should be sent to Pat Fitton on 01332 342544 or to 1, Princes Drive, Littleover, Derby DE23 6DX or email patfitton@aol.com

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

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