

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter June, 2015.

May lunch proves very tasty! Despite being a bit out of the way and The Bridge Inn at Duffield not expecting us, twenty-three members poured in for lunch. We wondered if the management could cope with so many unexpected guests but they rose magnificently to the challenge. There was plenty of choice but the “two for one” offer seemed to be the most attractive choice – rib-eye steaks, pies, Hawaiian chicken, paella and chilli chicken and more. Service was quick and the food was delicious. Of course there was the usual banter which went on over a couple of hours. There were some delicious “sweets”, over which quite a number of members deliberated but the hot chocolate fudge cake with ice cream proved popular and tasty. We will be returning to this venue again I am sure!



Birthdays. Birthday wishes this month go to Jean Birkin, Geoff Rhodes, Stephen Simcox, Bill Whittaker, Ken Drew, Margaret Knifton, Roy Pearson, John Cooper, Keith Lamb, Stephanie Wright, Coleen Yates, Jacquie Saunders, Per Staehr, Christine Whewell, Edward Potter, John Salt, Janice Bridges, Elaine McCulloch, Bryan Fearn, Lyn Rowlatt, Maureen Morley and Kevin Noon. Happy birthday to one and all. We continue to receive wonderful comments from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

Birthday card maker! After many years of delighting us with her beautifully made birthday cards, April Howe has given notice that she will retire in March 2016. We therefore need someone (or two) to take on this task. If you have these skills, then please contact Michael for an informal chat.

Make light of your troubles – keep them in the dark.

Member news. Amongst members who been unwell recently were Chris Whewell had a heart attack but is on the mend, Peter & Barbara Polhill were involved in a car accident and suffered severe bruising. It is with much sadness that I advise of the passing of Jean Eastwood following a period of ill health, a funeral was held on 4 June. Alan Bown has experienced a tough time (as reported last month) but is due home before we go to press. His wife Irene is wondering how she will cope with the wheelchair after her recent surgery. Vic Percival has been in the wars again and Coleen Yates has experienced several health issues recently. We wish you a speedy relief to all your sufferings. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty.

Coffee in the Cube. You just never know what school holidays will bring. The Cube seemed a lot less crowded this month but nevertheless there were 36 of us enjoying our cuppa and natter at the end of May. We were visited by two new families who decided to join TH(D) and so our coffee mornings continue to be successful. There was much chatter as we welcomed back amongst us some who had been unwell recently. Glad to see you back.



When you go to a restaurant, always ask for a table near a waiter.

Hope for heart failure patients. If reports in national newspapers and TV news bulletins are accurate, then there is better hope for heart failure patients. Research at the BHF London centre of regenerative medicine has discovered that certain stem cells can be used to regenerate damaged heart muscles in mice. Prof Michael Schneider and Dr Michael Nosedá reported that *“When we injected stem cells with this protein into damaged hearts we saw a significant level of heart repair. Now that we know which stem cells to use, we want to find their equivalent in human hearts for more efficient repair and regeneration after heart attacks. Future treatments could be injections of stem cells, as in our current experiments, or use of the healing proteins that these cells make.”* This news comes hot on the heels of a report of research results from Israel. An experimental patch has been designed to replace cardiac muscle that has been destroyed by a heart attack. Tiny gold particles are added to the patch of stem cells which grow into healthy new heart muscle. The gold particles help to conduct electrical signals that keep the heart working properly. Although the research is still at an early stage, Professor Peter Weissberg, medical director at the BHF says, “This research takes us a step closer to finding a way to mend a broken heart, by replacing heart muscle that has died after a heart attack with a patch of new, healthy heart tissue.” All this is a whole new ball game and a potential life saver for those affected by heart failure. It makes the contributions we and others make to the BHF all the more worthwhile so that more research can continue. There is some way to go yet and then there will be the hurdle of NICE to gain approval from a financial perspective. Keep your fingers crossed and keep the faith.

Jam Jar Challenge for February 2016. Having read the above article about stem cell research it makes it even more worthwhile for us to make a huge effort to support the BHF with further funds. If each home saved just 50p per month, that would be a fantastic £720 for the year. If you could manage to save a little more, you can see the difference it will make. It seems so easy if we all pull together, please help if you can?



My husband is jealous of the dog – I don't see why, I treat them both the same!

Talking to his granddaughter, a pensioner asked how old he was. “68” came the reply. “How many years before I become 100 years old?” was the next question. “Thirty-two years” came the reply. The girl was asked how old she was at the moment and she responded, “10 years old”. So the grandfather asked how old she would be when he reached 100 years and the girl replied, “Don't worry granddad, you may not exist by then!”

New Members. This month we welcome Mick & Angela Neill, Anne, Stephen & Joshua Walsh and Ann & Dewi Hughes. We welcome you all and wish you many happy times with us in the future.

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. Not just one dog but three on our stroll around Kedleston Park. After some discussion about parking charges and the walk route, nineteen of us set forth into the unknown. We meandered through the woodlands to the north and up a steady gradient, peering out from the trees at the views as we continued our climb. We could see the Lodges of Kedleston Hall as we progressed round to the east and then south. Here the group split, with the hardy continuing the Hare Walk and the less able of us walking across open fields to the rear of the Hall and the welcome of the Hall café! Having talked so much en-route it was surprising we had so much to talk about over refreshment but we made a decent fist of it. A splendid location for such a splendid event! Bring it on.



I bought a puppy from the local blacksmith last week but as soon as we got home it made a bolt for the door!

Use services wisely. There is such a demand at A & E at Derby Royal Hospital that it is worth keeping the following guidelines in mind. 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.

Heard on a recent walk – Abigail was out with granny and they were admiring the fauna and flora and the birds chirping away in the undergrowth, granny said “Isn’t mother nature wonderful?” to which Abigail replied, “Yes she is and she is married to God and tells him what to do!”

A man decides that he would like a parrot and so goes to visit his local pet shop. He's shown around by the owner. "You might be interested in these accountancy parrots," he says. "This parrot is worth £400 and can carry out audits according to international auditing standards." The man is impressed. "This parrot costs £750 and he can not only carry out audits but is a whizz with financial reporting and tax compliance." The man is further impressed and the shopkeeper shows him the final parrot. "This parrot costs £4,000." "For that price, he must be able to do something really special," says the man excitedly. "Well, to be honest, I've not really seen him do anything," the shopkeeper replies. "So, why the price?" asks the man. "The other two parrots call him senior partner."

June meeting. Twenty-nine members attended the meeting where Eric Boulton, who is a Project Engineer and the Director of Wyvern Rail plc, who gave a very interesting talk called "Ecclesbourne Valley Railway - into the next century". He started by showing us photographs of just how overgrown the former rail track had become, and followed up by more shots of the clearing up operation. We were told that they now operate passenger services on the line between Wirksworth and Duffield, mainly using heritage diesel



railcars, and on selected days "steam"

services on the short branch between Wirksworth and Ravenstor. He went on to tell us that despite being a branch in itself there is also a separate half mile branch operating from platform 3 at Wirksworth station up a 1 in 27 gradient incline to Ravenstore. He carried on telling us that in 1996 Wyvern Rail were awarded a Light Railway Order for the whole line. In 2003 Wyvern Rail agreed a fifteen year lease purchase deal with Network Rail and in May 2005 they completed the purchase early and bought almost the entire railway. The only portion still leased is an area of the station yard in Wirksworth which has been retained by Network Rail as a Strategic Rail Site and is on a rolling 3 year lease to Wyvern Rail. Eric went on to tell us that in July 2005 Wyvern Rail adopted Duffield railway station under a scheme promoted by the Friends of the Derwent Valley Line. They undertook to provide care and maintenance of the station on behalf of Central Trains, who operated it at that time. We were told that the railway has seen various filming projects take place such as an ITN drama an episode of 'Casualty', National Geographic Channel's 'Seconds from Disaster' where their ex-Gatwick Express coaches were used to depict the Eschede train disaster (1998) and many more. He said that other railway companies use their track to test new trains before they go into service, as this cannot be done on main line routes. Other rail vehicles are also tested on this stretch of track. Eric said that they have 13 rail cars at the moment with 9 are in use whilst four others are being restored. November 15th will be the anniversary of when they started, the Community run PLC was founded in 1992 and now had 600 members. Full steam ahead!

Next month. There will not be a meeting on Monday 13 July. We will all be in the garden of John & Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL. There will be lots of tasty goodies, tea and coffee available and a raffle of course, but booking is required and please bring your own garden chair. Please telephone Margaret on 01332 766916. The cost of the afternoon is £3.50. I have already booked, so places are more limited than they were, so pull your finger out.

Whoever says marriage is a 50 – 50 proposition doesn't know the half of it!

Another purchase for Royal Derby Hospital.

We recently presented not one but FIVE drip stands to ward 408 at RDH.

These essential pieces of equipment are used extensively to hang fluid pouches for intravenous infusions of many kinds. They keep patients hydrated, administer drugs and blood products to help ease patient's ailments. We were delighted to help out once again and the ward was very appreciative of our continued support.

You cannot believe the price of hospital equipment or the time it takes to get it delivered, but we persevere. Thank you for all your donations which help enormously.



The Lee family have been really stressing me out lately. Perhaps you know them? Emotional Lee, Mental Lee, Physical Lee and let's not forget the main culprit Financial Lee.

Feedback. The following is feedback from last month's Newsletter, *"what a wonderful newsletter and congratulations/Last night your newsletter was e-mailed to all in Ashbourne Branch, BHF. They enjoy it as much as me/Must say that some of those jokes are nearly as bad as mine/Thank you Michael, super newsletter/We always enjoy it – there's so much to read/Another good read. I will print off some copies/This is just to say that I received, read and enjoyed the May Newsletter, especially your jokes and Trisha's poem/Sorry for delay in responding- been busy doing all those Gardening Tips - well appreciated"*. A number of people have spoken to Michael, adding how they enjoy reading the Newsletter when it arrives. One even said he takes it to the pub so that he does not forget the jokes. Others are pleased to hear how the group is expanding and always looking for ideas to interest the members. But do you agree – let Michael have your views!

Do What You Want LIVE. This event takes place each year and goes from strength to strength. This year it was held at the new Derby Arena (that unusual building adjacent to the home of Derby County FC). The event offers advice, services and equipment for disabled adults and children, older people, carers and professionals. More than 110 organisations were represented, with Take Heart (Derby) being one of them. We were able to display brochure material together with a laptop display of photography from past events.

Several members volunteered to staff the table to give advice to those who sought it. We were even lucky enough to gain a new member during the event. I can report that the inside of the new arena is fabulous, the facilities first class but I will not give you my thoughts about the appearance of the outside, I leave that up to you.



A wife sends a text to her husband on a very cold winter morning: "Windows frozen, won't open." Husband texts back: "Gently pour some lukewarm water over it and very gently tap edges with hammer." Wife texts back 5 minutes later: "Computer really messed up now...."

Donation. We have received a donation from Mrs S Bird in loving memory of Norman Harrison, formerly of Derby. She writes "*Norman grew up in Derby, married Carol and had three children. They emigrated to Canada but visited family and friends here in Derby frequently. Norman is sadly missed but his family wished for a donation to be made to the local heart support group.*" Take Heart (Derby) are very grateful for the kind donation which will be put to good use.

Gardening tips for July. Check clematis for signs of clematis wilt. Place conservatory plants outside now it is warm? Water tubs and new plants if dry but be water-wise. Deadhead bedding plants and repeat-flowering perennials to ensure continuous flowering. Pick courgettes before they become marrows. Treat apple scab. Clear algae, black weeds and debris from ponds and keep them topped up. Order catalogues for next year's spring-flowering bulbs. Give the lawn a quick-acting summer feed. Give woodwork a lick of paint or preserver whilst the weather is dry.

My wife is not happy with the plastic surgery I performed recently – I cut up her credit cards.

For those of you who think shaving foam is just for shaving, think again!!
REMOVE SPOTS ON CLOTHES. What it does, the soap and water in the shaving foam combine to dissolve stains. The bubbles are designed to give a stable long lasting foam which is great for deep cleaning and reaches the very root of the stain. But be careful some shaving foams are more oily than others and can leave a mark if overused.
SHINING YOUR TAPS. What it does, the stearic acid in the foam is a powerful cleaner. Combined with water and a little elbow grease you can use it to bring sparkle to your taps, work it into a lather and wipe clean for a dazzling shine. Try this and see if they really work. More next month. Tips courtesy of Tessa Cunningham, Daily Mail.

A husband and wife were having dinner at a very fine restaurant when this absolutely stunning young woman comes over to their table, gives the husband a big open mouthed kiss, then says she'll see him later and walks away. The wife glares at her husband and says, "Who the hell was that?" "Oh," replies the husband, "she's my mistress." "Well, that's the last straw," says the wife. "I've had enough, I want a divorce!" "I can understand that," replies her husband, "but remember, if we get a divorce it will mean no more shopping trips to Paris, no more wintering in Barbados, no more summers in Tuscany, no more BMW in the garage and no more yacht club. But the decision is yours." Just then, a mutual friend enters the restaurant with a gorgeous babe on his arm. "Who's that woman with Johnny?" asks the wife. "That's his mistress," says her husband. "Ours is prettier," she replies

Talking walking in Shipley Park. The planned Shipley Park and Nutbrook trail walk took place on a very wet Saturday in mid-June. It was wet all day making so a shorter walk than had been originally planned was undertaken. The weather put paid to the numbers turning out with three members on this occasion. They took in a circular route that included Osborn's Pond, Mapperley Reservoir and a portion



of the Nutbrook Trail. Time was taken to call at the Derby Lodge Café for a welcome drink. The Tuesday prior to the walk had been used to reconnoitre a much longer walk that included a long section of the Nutbrook Trail, as well as a similar distance along the Erewash Canal. This returned the walkers through Heanor to Shipley Park. It would probably have been too much for many members and we had decided to shorten it for the actual Saturday walk. The area has a number of interesting places and possible routes for us to try and David will probably visit it again at some later date

The end of an institution. Joyce Cocking has been making tea/coffee and baking biscuits for the meetings of Take Heart (Derby) for around twenty years. This staggering feat came to an end last month when she felt it was time to hang up her oven gloves and allow someone else to have a go. Joyce was thanked by the members of TH(D) at our recent meeting and presented with a card signed by members, flowers and a plant in recognition of her efforts for such a long period. We shall miss her and wish her well in her retirement. BUT – you might have guessed – she was to be found in the kitchen offering advice to her successors – Pam and Margaret.



Love story for golfers. A couple was having dinner one evening when the husband reached across the table, took his wife's hand in his and said, "Beth, soon we will be married 30 years, and there's something I have to know. In all of these 30 years, have you ever been unfaithful to me?" Beth replied, "Well Charles, I have to be honest with you. Yes, I've been unfaithful to you three times during these 30 years, but always for a good reason." Charles was obviously hurt by his wife's confession, but said, "I never suspected. Can you tell me what you mean by 'good reasons'?" Beth said, "The very first time was shortly after we were married, and we were about to lose our little house because we couldn't pay the mortgage. Do you remember that one evening I went to see the banker and the next day he notified you that the loan would be extended?" Charles recalled the visit to the banker and said, "I can forgive you for that. You saved our home, but what about the second time?" Beth asked, "And do you remember when you were so sick, but we didn't have the money to pay for the heart surgery you needed? Well, I went to see your doctor one night and, if you recall, he did the surgery at no charge." "I recall that," says Chuck. "And you did it to save my life, so of course I can forgive you for that. Now tell me about the third time." "All right," Beth said. "So do you remember when you ran for president of your golf club, and you needed 73 more votes?"

Weak handshake is bad news for your heart. The health editor of Daily Telegraph, Laura Donnelly, wrote recently about a study published in The Lancet. One hundred and forty thousand adults from 17 countries were studied and the findings revealed that weak grip strength was linked to shorter survival and a greater risk of a heart attack or stroke. The findings show that for every five kilo decline in grip strength was associated with a 16% increased risk of death from any cause, a 17% greater risk of cardiovascular death and more modest increases in the risk of a heart attack (7%) or a stroke (9%). As always the researchers said that further research was necessary to establish whether efforts to improve muscle strength are likely to reduce the risk of death and cardiovascular disease. A bit of a grim subject to end on this month. Send me good news for next time – please!

Forthcoming programme.

June

Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 27th Walking back to health - 🐢 Ashford in the Water walk of 3 miles, meet at Vicarage Lane car park, Ashford In The Water, Derby DE45
Tuesday 30th Coffee morning at The Cube café/bar from 10.30 AM.

July

Wednesday 1st Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 8th Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 11th Walking back to health - 🦿 & 🐢 Rosliston Forestry Centre walk of 2 to 6 miles (to suit those who attend), meet at Centre car park, Burton Road, Rosliston, Derby DE12 8JX at 9.30 to walk at 10.00.
Saturday 11th Travel Trust day trip to Nantwich & Chester. Contact Bob Betchley on 01332 751198 for details and booking.
Monday 13th Summer garden party at the home of John & Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL. Tel 01332 766916 to book. Starts at 2.30 PM and costs £3.50 (bring your own chair).
Wednesday 15th Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 25th Walking back to health - 🐢 Attenborough Nature Reserve walk of 2.4 miles, meet at Nature Reserve car park, Barton Lane, Attenborough, Nottingham NG9 6DY at 9.30 to walk at 10.00 AM.
Tuesday 28th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 29th 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.
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
Seated exercise classes at URC, Becketwell Lane, Derby. Tel Gwen on 01283 701284

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. BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.

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 be sent to Marilyn on 01332 558756 along with recommendations for lunch venues.

Affiliated to the British Heart Foundation