

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter March, 2014.

There are more members responding to this Newsletter than previously, which is terrific. We publish slightly larger photographs by request this month – what do you think?



Derby
Heart City

Love our city ♥ Love your heart

March meeting. (A report by Pam Fearn). Around 30 members listened to a talk by Elaine Wright and Kathryn Tarplee, who both work

as Volunteer Patient Co-ordinators at The Derby Royal Hospitals Medical Education Department. The department provides clinical leadership and administrative support for Postgraduate and Undergraduate Medical Education activity taking place within the Trust. It also works in partnership with the East Midlands Healthcare Workforce Deanery and University of Nottingham regarding clinical training for medical students and doctors (at



all stages of their careers) and GP trainees. We were told that in their 3rd year, students will rotate around six hospitals, (Royal Derby, Kings Mill, Nottingham City, QMC, Lincoln and Boston). There are 3 phases of students training, **Phase 1** involves 16 weeks which run from March until June, and starts with a two week induction followed by 14 weeks rotating around medical and surgical procedures. The focus during this period is on taking histories and basic general examination. **Phase 2** is 4 x 10 week attachments in Paediatrics, Obstetrics & Gynaecology, Psychiatry and Care of the Elderly as well as Dermatology, Ophthalmology, ENT and Special Study Module. **Phase 3** is the final year and consists of 32 weeks from June to February where students have 4 x 8 week attachments which include Senior Medicine, Senior Surgery, Musculoskeletal Disorders and Disabilities, Clinical Illness and GP. This culminates in two weeks of final exams, consisting of written and clinical examinations. Elaine and Kathryn went on to tell us about the volunteer patients, there are 600 on their data base, who have a variety of conditions. They said that volunteering can be good fun, as regulars get to know each other as well as the staff. They told us that they also need people who don't have any clinical condition but would still like to be involved in addition to people willing to be role players and take part in simulated sessions by 'pretending' to have a certain condition. Throughout the year, open afternoons are held for those who have registered an interest in becoming a volunteer patient. Volunteers are paid a gratuity for their help as well as being given refreshments throughout their time in the clinics. If volunteers are unable to get to the hospital by their own transport then the co-ordinators can arrange for a taxi to pick them up. The talk finished with members being invited to ask questions, of which there were many. There were also copies of application forms available for anyone who felt they would like to take part as a volunteer.

Next month's meeting. Our talk for April is by cheesemonger, poultry and game dealer Ian Rogerson of Charnwood Fayre, Loughborough. His subject : "Smile Cheese". Ian will

impart his extensive knowledge of different types of cheeses and how to serve and care for them. He has a relentless source of quirky anecdotal humour, added to which we get the chance to sample some of the varieties of cheese he brings along with him. Bring your taste buds and enjoy something a little different.

Coffee in a Cube! Another good day on the weather front brought a record 56 members



to the Cube. Could it be because they were expecting to see the lovely Sophie from the BHF, who left her sick bed to be with us? Well, we didn't disappoint anyone. Bob Betchley received his prize for correctly guessing "What Mollie did for Ramp up the Red day" – Ladybird



- was the correct answer. Trisha handed Sophie a cheque for £60, the money raised by completing the sweepstake and then there was the "Jam Jar Challenge" unveiling. Loads of money was brought in and in all manner of jars and sizes. Sophie, Lyn, Trisha and Joyce can be seen emptying some of the jars into the "money bucket". We achieved the princely sum of £280.14 and all saved by you as you put spare change into jam jars. Sophie sends this message to you all "Huge thanks to all the members of Take Heart (Derby) for their continuous support of the British Heart Foundation's vital work. We are extremely grateful for the jam jar pennies and pounds, and it goes to show how it really can add up to a fantastic total! It was

lovely to come along to the coffee morning, and I look forward to seeing everyone again soon". Thank you for this year's effort and contribution **but we start NOW for next February's event.** So keep the Jam Jars handy. We were pleased to see a number of people who had been quite poorly or undergone operations recently, some who arrived late because of other commitments but were determined to join us. There were even two new membership applications signed on the day.

Spring Luncheon. Booking of places is going well at this time but there are still a few places left. We return to the Cathedral Quarter Hotel again following the success of last year's event. Priced at only £16.00 for a 3 course lunch plus tea/coffee (hotel value £25.00) this represents outstanding value. We can accommodate 80 people and judging by the levels attending our informal lunches, we should reach that number easily. Telephone Barbara Rowe on 01332 767368 to book today.

Member news. Since the last Newsletter was published, we have learnt that several members have been unwell. We received this note from Paul Riley who says, "Thanks again Michael another superb publication, how are you both keeping now? Unfortunately I've had to stop driving, I'm walking well but things are still uncomfortable, my eyesight has not got any worse, but still not good, I had another assessment with the Optometrist last week and the scans were almost identical to the first ones. Brenda has recovered from her surgery and is fighting fit again, so I have to behave myself. We will try and get to the next meeting, I have been a volunteer patient with Tracy for many years, I also have my take heart jar to bring in. I have sent my thanks to April for the lovely cards Brenda and Myself received she must be so dedicated to Take Heart. Any way Michael look forward to seeing

you all on the 25th.” Nice to hear from you Paul, keep taking the pills and good to hear Brenda is well once again. Also unwell is Sandy Smith, Janet Stewart, Margaret Storry is recovering, Denis Pollard is having tests to determine his treatment. So many of you this month once again. 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).

New members. This month we welcome Terry & Shaun Cuddehay and Richard & Alison Wheatley to our group. We wish you all well.

Birthdays. Birthday wishes in March go to Pat Fitton, David Earp, Peter Fowler, Andy Hopkins, Diana Stean, Gwen Plumber, Avril Nolan, John Holmes, Betty Gilligan, John Clarke, Nora Evans, Adrian Blamire, Derek Skidmore, Ann King, Sue Robinson, Joyce Taylor, Alan Rowlatt and Julia Sherratt. Happy birthday to one and 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 your details.

Membership fee now overdue. Membership fees are now overdue 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 fee per household and includes a monthly Newsletter, personalised birthday card, a copy of our annual walks calendar, and public liability insurance at all Take Heart (Derby) official events. 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 and we hope that others will renewal without further delay.

Derbyshire Health United (DHU) is a GP led Social Enterprise – a not for profit organisation. DHU provides urgent health care services in support of the local NHS. Many of these services offer care outside of normal GP surgery hours, for example, District Nursing, primary care centres and other health services within Derbyshire. DHU provides the NHS 111 services for Derbyshire. They want to raise awareness of the services provided by DHU across Derbyshire and aim to help the people across Derbyshire know what services are available to them if they have health concerns.

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.

Travel Insurance. We have touched upon this topic in the past but the holiday season will eventually start soon. Easter is only weeks away now. Last time we suggested (1) Manor Insurance, 01424 718790, www.manorinsurance.co.uk, (2) Clear 2 Go, 01268 782748, www.miatravelinsurance.co.uk, and (3) AllClear Travel Insurance, 0845 2505200, www.allcleartravel.co.uk. In an article in Mail on Sunday 16 February, a lady who has suffered a stroke and had a heart transplant was initially quoted £1,100 but AllClear covered her for £500. A more recent website, www.insurancewith.co.uk, has been set up by another lady who had suffered breast cancer and was being quoted very high premiums. She stresses the need to be completely honest when applying so as to be sure ALL your needs is covered. Has anyone any more recent experiences they are prepared to share with us? Happy travelling.

When a clock is hungry it goes back four seconds.

Annual BHF Ball. To be held at the Derbyshire Cricket Club on 12 April. Included in the price is a drinks reception, three course meal, live music, raffle and DJ. Tables for a group of 10 are priced at £450 or individuals at £50 each. Contact Sophie Jardine on 07785 243736 or jardines@bhf.org.uk.

Does this sound like anyone in your house? (with thanks to Per). We had an electrical power outage in our area of town this morning. My PC, my laptop, the TV, the DVD, her iPad AND my new surround sound music system were all shut down, no power, remember? Then I discovered that my iPhone battery was flat and to top it off it was raining outside, so I couldn't go play tennis. It was Sunday, and my favourite pub is closed. So I went into the kitchen to make some coffee and then I remembered that this also needs power, so I sat there and talked with my wife for a few hours. She seems like a really nice person.

AFTER THE FLOOD by Trisha Flude

Voices echo down the hall
rising above the noise of the radio,
screeching out the latest tunes.
"Are you playing tonight mate? "Nah"
came back the reply,
"The City are doing well tho' aren't they"?

Hammering continues,
Is there rhythm there or have I really lost
the plot

Drilling noises join in forming a strangely
balanced harmony,
"Nice doors these."

Wouldn't mind a cuppa tea luv" from the
chipper chippy.

What am I, a tea lady for the workmen?
Still they're a decent bunch of blokes and
I do want the work finished,
Does output equal input of tea.

Plumbers, Joiners, Plasterers,
Decorators, Carpet fitters, all

Seem to need regular re-fuelling and of
course, it must be four-star
Tea dark sweet, spoon standing up thick
You wonder how they can drink it and still
manage to talk at the same time,
One sip of tea like that I'd be gagging.

Tiles laid in the cloakroom,
New ceiling up
Three more doors hung,
Nearly three months work

Almost four or was it five hours today
Copious amounts of tea, visits to the loo,
lid left up naturally,
"Right lads that's us done for the day, see
ya tomorrow luv"
Nearly four o'clock already?

Blessed silence, too soon tomorrow will
be here,
Will they ever finish?
Tonight I'll dream they have and smile for
just a while
Damn burst pipe!

I've learned.... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

Walks Calendar for 2014. One of our calendars has reached Atlanta, Georgia in the USA this year, where have you sent copies? The sender says "*It is the best calendar we have seen and compares to those costing more than £10.00.*" Praise indeed. 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 have you sent copies this year? Let Michael know, please.



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?



One cigarette per day!! That's all it takes to treble the risk of heart disease according to recent research according to the BHF. Dr Mike Knapp, of the BHF said, "This research shows many part-time and social smokers are still smoking enough every week to put their lives on the line. There is no safe level for smoking." This observation came from a study of 3,525 non-daily smokers (i.e. one to four cigarettes per day). You are not alone, apparently there are 1.1m part-time smokers like you. If you are one of them, give yourself a better a better chance of life and quit NOW. More details of this report can be found at <http://www.bhf.org.uk/media/news-from-the-bhf/social-smoker-risk.aspx>. It says on the packet "Smoking Kills" for a reason. No smoking day was 12 March – did you manage to stop the habit? You could put all the money you save from quitting into your Jam Jar Challenge for next February!

AAA size pacemaker. A new pacemaker, the size of AAA battery has been successfully implanted into patients in the UK recently. It is fed into the right ventricle and "screwed" into place. This procedure takes only minutes compared to the traditional pacemaker fitting and benefits from there not being any wires or connections. Christopher Allen, senior cardiac nurse at the BHF writes, "*We are always intrigued by new advances in technology here at the BHF. Recently, these new Nanostim devices have received CE mark approval and are available in select European markets. There have also been initially promising results from the LEADLESS study, with hopefully further studies to follow. It will be interesting to see if there will be a shift in clinical practises should the new Nanostim devices match in safety and effectiveness to current pacemaker models. It may also be worth noting that many conventional pacemakers are implanted as a daycase procedure. People who have a pacemaker and require an overnight or prolonged stay are usually those who have been admitted through A&E in an unstable condition, or who have complex and on-going medical issues.*" Dr Julia Baron of RDH adds "*This is an exciting development still to prove itself in long term studies or large numbers of patients. It has the potential to be a very simple device for patients suitable for a basic pacemaker and should reduce the small chance of infections and problems with the leads between the battery unit and the heart that occur in some patients. It would be implanted under local anaesthetic in a cardiac catheter suite.*"

Feedback. The following is feedback from last month's Newsletter. Does this reflect your view or do you wish to say something different – "*Another great letter/Excellent --- as ever/ find it very interesting thank you/ another informative and interesting read. Always a pleasure to receive/I did enjoy reading about all your activities and seeing all the pictures of all your smiling faces, it made me feel not so far away/ You clearly have plenty of excellent feedback to your monthly N/L's, but I would still like to add that it is a pleasure to*

receive and that the Group is fortunate to have such a good team of folks to organise it/ wonder if it is possible to increase the size of the photographs so as to identify the people more easily but otherwise I reckon the Newsletter is a cracking document and the jokes are fantastic/ As always, very entertaining and informative/ Thanks for the news letter I look forward to receiving it, it is very informative and much appreciated". 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. So, it is not too late for anyone – give it a try but do not become a slave to it like me.

National No Smoking Day 12 March. Did the 4% of TH(D) members who still smoke give Up on National No Smoking Day? It is time you made the change, save your health and put the money in your Jam Jar for the 2014/15 challenge.

January poser – Where are Chinese gooseberries from? One person guessed the name of the fruit but not where it **originated** from. The fruit is called “Kiwi Fruit” and as the name implies it originates from New Zealand.

March Poser – What colour is the black box in a commercial aircraft?

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 around Chaddesden Park – a report by Dorothy Stevens. There are a number of parks in Derby that were originally privately owned and had grand houses situated within their parkland. One of these was Chaddesden Hall and parkland, which



from 1727 until 1916 was the home of the Wilmot family. Part of the wall of the house can be found near to the church. Derby acquired much of the land when it came up for sale in about 1920 and started to build houses around it. The hall was demolished in 1927. Around 58 acres was kept as parkland. A few years ago the council undertook a major refurbishment of the park which has made it a delightful place for a Saturday morning stroll. So fourteen members of Take Heart Derby and Cody

the dog, had a gentle walk around Chaddesden Park on Saturday 22nd of February. It wasn't too cold and the sun shone all morning. Firstly we walked through the nature area in a small wood with many patches of snowdrops, then out onto an area planted with lovely blue and yellow crocuses, then turning left we walked across to Nottingham road. Some members decided to take a longer route back by heading towards the Chaddesden Lane side and around the football pitches. The rest of us ambled back along by the brook which had a delightful little waterfall, we wondered if some of the large stones that had been placed to support the bank had originally been part of the hall buildings. We soon passed the BMX track and a delightful children's play area, with a wet play area for use in the summer. Arriving at the café some of us sat outside in the sunshine to enjoy refreshments. On returning to the car park we passed a lovely mosaic designed by local schoolchildren. It was a delightful little walk taking us about an hour on fairly level ground.

Hare & tortoise at Ripley. A report from Chris Wright. A group of 10 hares and 3 tortoises gathered in the Market Place car park for the March Take Heart walk in the countryside around Ripley on a chilly overcast morning. After posing for the group photo outside the Barnes Wallis pub (a recurring theme - see later) the groups went their



separate ways, the tortoises tackling the shorter 2 mile stroll while the hares took on their 5 miles plus more taxing alternative. Initially the hares had to tackle some very muddy and waterlogged fields before a detour was taken to view some industrial archaeology in the form of the Morley Park Furnaces. These are a pair of iron smelting blast furnaces that used coke (coal) as fuel, one dating from 1780 which was the first coke fuelled iron furnace in Derbyshire. The other dates from

1818. They went out of use in 1874 and were restored in 1986. They are the last remains of the once important cast iron industry in Derbyshire and can be seen from the A38 although few appreciate their significance. Once back on track the hares faced a steady climb through the fields before emerging on the busy road in Heage/Upper Hartshay. Here there were divergent views on the next steps and as a result a hill had to be ascended twice. However after some advice from the locals the track down to the Cromford Canal at Lower Hartshay was located. The part of the canal included in the route was largely grown over but a pleasant environment for walking. Lunch was taken at the bridge next to the site of the former Gate Inn, little trace of which remains after its demolition. After lunch the walk continued to be undulating and very muddy in places, passing under the A610 and emerging in the village of Hammersmith (no, not the London version!). After passing under the A610 again and under a dismantled railway line the group reached the Barnes Wallis Recreation Ground after which it was a short walk through the streets of Ripley back to the Market Place, just in time to greet the traffic warden without fear of parking penalty. **If you need help getting to the walks**, please telephone David Rowe on 01332 767368 or 07890 645645.



This month's recipe, back by demand - we recommend the following recipe from Sue Robinson:- **Piccalilli**, as requested by several members.

2lb pickling onions	2lb sugar
2lb cauliflower	2 dessertspoons salt
2lb marrow	1 ½oz turmeric
1 large cucumber	1oz dry English mustard
2pts malt vinegar	3 tablespoons corn flour

Cut up vegetables and place in saucepan with ¾ of vinegar plus all sugar and salt. Stir well. Boil slowly for 15-25 min, until there is a slight crunch to the vegetables (or to your liking). Mix turmeric and mustard with ½ the remaining vinegar, add to vegetable mix. Mix the remainder of the vinegar with corn flour, add to pan and bring to boil. Remove from stove when cooked and leave to cool. Once cooled place in jars.

Forthcoming programme.

March.

- Thursday 20th Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA at 12 noon.
- Saturday 22nd Walking back to health - 🐢 Alvaston Park Space Walk of 1.25 miles, meet at car park on Meadow Lane, Derby, DE24 at 9.30 AM.
- Tuesday 25th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 26th Swimming at the Queens Leisure Centre at 3.15 PM.

April.

- Wednesday 2nd Swimming at the Queens Leisure Centre.
- Saturday 5th Walking back to health – 🐢 & 🐢 Tissington & Dovedale walk of 6.5 & 3.2 miles, meet on Main Street, Tissington, Derby DE6.
- Wednesday 9th Swimming at the Queens Leisure Centre.
- Saturday 12th Peak tour & tea with the Travel Club Trust. Details from Bob Betchley on 01332 751198.
- Monday 14th “Smile please, Say Cheese!” a humorous and tasty talk with a selection of cheeses, a different talk by Ian Rogerson.
- Wednesday 16th Swimming at the Queens Leisure Centre.
- Wednesday 23rd St George’s Day Formal Spring Lunch at the Cathedral Quarter Hotel, 16 St Mary's Gate, Derby DE 1 3JR at 12 noon. Booking is required via Barbara Rowe on 01332 767368 and is priced at £16.00 for a 3 course lunch.
- Wednesday 23rd Swimming at the Queens Leisure Centre.
- Saturday 26th Walking back to health - Heatherton Village walk of 3.5 miles, meet in the car park of Hollybrook Way, Derby DE23 3TZ.
- Tuesday 29th Coffee morning at The Cube café/bar.
- Wednesday 30th 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

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