

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)



## Newsletter March, 2015.

### Jam Jar Challenge

– We emptied our jam jars on 24 February, raising £174.00 (£220 for 2014). We also achieved £186.00 (£60 in 2014) on our quiz – how many feathers in a four feet feather boa? 784 was the answer and our three winners were Christine Whewell, Matt Leech and Craig Stubbs (no photograph at time of print). It means we have contributed £360 this year, an increase of £80 (29%). Well done to the winners and thank you all for taking part. The BHF will invest all the money we have raised in further research to improve health prospects for thousands of heart attack victims. Sophie Jardine, BHF Fundraising Manager wrote saying, “A very heartfelt thank you for your support of the British Heart Foundation by collecting pennies and spare change for the last year in jam jars, and participating in Heart Month fundraising with the feather boa sweepstake. The grand total raised is a fantastic £350! Your support is greatly appreciated. As you know, we rely on donations, collections and events to continue with our vital work as we receive no government funding for our core work. February is Heart Month and we asked people all over the country to take a stand against the UK’s single biggest killer. The BHF is fighting for everybody who suffers with a heart problem – from babies born with heart defects, to the millions of adults



affected by heart disease. We do this through life-saving research. Supporting and caring for heart patients is a vital role for us, for example, by funding BHF nurses in the community and pieces of equipment in local hospitals. Money raised within the region helps to save local lives. Sadly coronary heart disease is the UK’s single biggest killer, and 2.3 million people are living with heart disease today. Together, by raising funds, we can make a difference. We can save and improve more lives. Once again, many thanks for your support of the BHF – now and always.” But it’s not over yet – time to start a new jam jar for February 2016. If each home saved just 50p per month, that would be a fantastic £720 from all homes during the year. If you could manage to save more, you can see the difference it will make. It seems so easy if we all pull together, please help if you can.

**Coffee addicts are reprieved (or are they?)** A report has been published in various media about drinking coffee. The BHF have issued the following notice, “New research has found that drinking moderate amounts of coffee was associated with a lower risk of

heart disease. Victoria Taylor, Senior Dietitian at the British Heart Foundation, said: “While this study does highlight a potential link between coffee consumption and lower risk of developing clogged arteries, more research is needed to confirm these findings and understand what the reason is for the association. We need to take care when generalising these results because it is based on the South Korean population, who have different diet and lifestyle habits to people in the UK.” In the meantime I will continue my own research, make it a medium Americano with cream, please!

**March talk.** Thirty three members listened to a very interesting talk by Master Chocolatier, Barry Colenso. He told us about how his culinary journey began as a student working part-time at the Royal Shakespeare Theatre in Stratford on Avon before moving onwards and upwards to Chef de Partie at the 5 star Carlton tower. He worked in two other hotels in London before becoming the youngest Head of Patisserie in the history of the Savoy Hotel in London. During his time at the Savoy he presented a chocolate cake to the Queen Mother for her 85<sup>th</sup> birthday as well as creating a chocolate cake for the Queen. He also worked at the Savoy’s sister hotels, the Atlantic in Hamburg and the Crillon in Paris. From here he moved to be the Master Chocolatier at Thornton’s where he stayed for 21 years leaving them



in 2008 to set up Barry Colenso Master Chocolatier Ltd, where he offers a vast range of Chocolate services, from talks, training, consultancy and even developing his own bespoke range of handmade chocolates. He also continues to judge upcoming chefs at major events. Barry told us how in 2011 he was invited by the McVitie’s Cake Company to help them design and produce the chocolate wedding cake for Prince William and Catherine and had to go to Halifax for an interview. There would be two wedding cakes on the day, the fruit cake which would be made by Fiona Carnes which would be for Catherine and a chocolate Tiffin cake for William as this was his favourite. Different designs were put forward to the Palace with the final design being decided on 9 days before the wedding. Catherine had chosen dahlia flower’s to decorate the cake as they stand for everlasting love. Barry had carefully handcrafted the chocolate leaves fronds and white chocolate dahlia flowers for decoration with revolutionary techniques. Two days before the wedding everything was moved in two vans from the McVitie’s factory in High Wickham to the Buckingham Palace kitchens where Barry started to put the chocolate cake and decorations together. The cake was to stand on a solid gold platter, which he was informed was priceless. The platter with the cake on would then be placed in the green drawing room. Barry told us that the Queen had come to look at the cake and was delighted with it. Prince William and Prince Harry had also been to take a look with Prince William being very happy with it. In 2012 Barry began working with Cocoa Boutique in taste testing and approving all gourmet chocolate creations included in their tasting selections as well as inventing new and classic chocolates himself. After the talk Barry asked if there were any questions. He was asked how do you make dark chocolate, he told us that it consists of 62% coco butter, coco powder and sugar. One member said that he had always wondered how white chocolate was made. Barry said that with white chocolate you do not put any coco powder in only coco butter and sugar. Barry had brought along dark, milk and white chocolate buttons for members to taste as well a selection of his chocolates that we could buy. He also created the Queen Mother’s 85<sup>th</sup> chocolate birthday cake as well as presenting the Queen with a custom cake. Passion,

determination and a desire to make magic happen is his mantra for success. I need more chocolate!

**I was always taught** to respect my elders. But it keeps getting harder to find one.

**Next month.** Uncle Michael is our guest speaker for April and he will be talking about his life as a professional clown (no not me). Although he is now semi-retired, he has promised to come and see us all on April 13<sup>th</sup> at our monthly meeting. Michael Fentem has toured for over 20 years, and appeared four times on Songs of Praise. He now concentrates on conducting school assemblies using magic tricks to tell stories about Jesus to children. He visited us previously when we were in the lecture theatre at the Derbyshire Royal Infirmary (Devonshire House. He gave us a wonderful evening - and we all felt it was one of our "best ever" talks. So, let's hope he performs to a large audience this time. Come and have a laugh, you know you want to!

**My wife** took my glasses back to the opticians claiming they were defective – I'm still not seeing things her way!

**Birthdays.** Birthday wishes this month go to Pat Fitton, Chris Smith, David Earp, Diana Stean, Gwen Plummer, Avril Nolan, John Holmes, Betty Gilligan, John Clarke, Karen Taylor, Paul Taylor, Norah Evans, Adrian Blamire, Derek Skidmore, Ann King, Susan Robinson, Joyce Taylor, Alan Rowatt and Julia Sherratt. 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.

**Four men** had travelled together annually for golf at St. Andrews for 15 years. As the 2015 jaunt approached, Jack's wife put her foot down. "Not this year," she announced. Jack's friends were upset but decided there wasn't much they could do. Two days later, the three-some found Jack at the St. Andrew's bar, four cold beers waiting. "Whoa, dude!" said Sam. "How long you been here? How'd you talk the Mrs into it?" Jack took a long pull on his beer. "Arrived last night! The other day, Betsy sneaked up behind me, put her hands over my eyes and asked, 'Guess who?' I pulled her hands away, looked back and there she was, in a nightie. She pulled me into the bedroom. The bedroom was covered with candles and rose petals. She's been reading '50 Shades of Grey'. 'Tie me up, honey,' she purred. I grabbed the handcuffs & rope she had on a table and did the deed. Then she said, 'Do whatever you want!' – and - **Here I am!**"

**Men** have three basic hairstyles – parted, un-parted and departed!

**Member news.** It is with much sadness that I advise you of the passing of Don Pate on 25 February 2015. Don has been a member of Take Heart (Derby) since 1992 but had been very poorly during the past few months. His funeral will take place at Markeaton Crematorium on 18 March at 2.40 PM. Amongst members who been unwell recently were Betty Hassell who fell and injured her back, Trisha Flude returned to RDH following a further event (Betty & Trisha were in adjacent bays in A & E). Trisha sadly suffered a further event in early March but is home once again fighting to recover her former health. John Heath has been through a very testing time of late, Betty Gilligan is recovering from a heart attack. John Ruddle has undergone angioplasty but his recovery has been complicated with an infection. Margaret Knifton is currently "laid up" with gashed legs but remains cheerful. 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.

**Did you give up smoking on “No Smoking Day?”** More than one in three smokers putting loved ones at risk say the BHF. In an online report they say, *“More than a third of smokers (37%) regularly light-up in the home exposing their loved ones to the dangers of passive smoking, according to our new survey of people who have loved ones that smoke. We’ve released the statistics on this year’s No Smoking Day and are urging smokers to put their families first by attempting to quit, starting today. The survey also found that, despite the health risks of passive smoking, the majority of people are more worried about the health of the smoker (61%) than the effect of passive smoking on their own health (32%). This concern has led to more than half (54%) of loved ones pleading with the smoker in their lives to quit. What’s even more surprising, is that more than one in six (18%) are under the misapprehension that opening a window offers them protection from cigarette smoke’s harmful effects. Exposure to passive smoke can also influence future behaviours – children who are exposed to smoking in their homes are more than three times likely to smoke than those who are brought up in smoke-free environments. BHF Associate Medical Director, Dr Mike Knapton, commented: “Every week, thousands of children are exposed to passive smoke in enclosed spaces, putting them at greater risk of respiratory infections, asthma, and sudden infant death. Simply opening a window does not protect your children from breathing in harmful chemicals. Smoking is not healthy for smokers or for the people around them. If you’re a smoker and looking to quit, reach out to your pharmacist or local stop smoking team on No Smoking Day for information and advice. Join the nearly one million smokers in the UK who are expected to quit this No Smoking Day.”* It makes sense from a health perspective and financially too. Wards at Royal Derby Hospital, your GP or try [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk). – just ask and we will all be better off.

**The irony of life is that**, by the time you're old enough to know your way around, you're not going anywhere.

**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. Dorothy Stevens writes - Eleven walkers and Rosie, met at the car park in Allestree Park for a short walk along the Nature Trail. It was fairly cold and threatened rain and sleet showers, which luckily held off whilst we walked. We did find the woodland gave some shelter and was a little warmer but felt the cold when coming out of the woodland and onto the open parkland. Allestree is another of Derby's parks that was once in private ownership. The house was designed by James Wyatt and built around 1820 for Bache Thornhill. William Evans bought the house in 1824 and lived there until his death in 1856. The house remained in the family until 1928. The park was then sold to a commercial construction company that wanted to build 2,000 houses on the land. Some houses on the edge of the park were in place when the second world war started. It was during this period that the hall became the county headquarters for the Fire Service and the Army. After the war the ownership of the park passed to what is now the City Council. There are two nature trails in the park, Big wood lying on the high ground off of Woodlands Road and the Allestree Park trial which is the one that was walked last Saturday. It follows an easy, reasonably flat route around the lake. So we set off along the path passing Hawthorn bushes which will come into



flower later in the year. Arriving at the shattered stump of a huge Beech Tree that was planted at the same time as the hall was built, Beech Bracket Fungus and recent storms have contributed to its death. As a result more light now reaches the woodland floor encouraging the growth of brambles and wild flowers. A little further on we had excellent views eastwards over the Derwent Valley, and up to Drum Hill with the aerial on the top. Also the wildflower meadow which I am told is lovely in the summer months. Onwards to the lake constructed in 1825 for Sir William Evans founder of Darley Abbey Mills. A small bridge like boathouse was constructed at the same time. I have often walked around Allestree Lake and wondered what this bridge like structure was, well now I have the answer. At the outflow of the lake, the water disappears down a large drain, emerging as a stream at the bottom of a steep bank. Walking along the south side of the lake between the Alder trees that grow on the lakeside were fine views across the park to the house and Big Wood on the skyline. Anglers are allowed to fish the bottom lake and Pike, Carp and Bream are among some of the species that are commonly caught. We then caught sight of the dam that separates the small upper lake from the larger lower one. On rounding the top of the lake a wooden platform allowed a lovely view of the lake and the water birds swimming around such as Canada Geese, Moorhens, Coots, Mallards, Great Crested Grebes and a pair of Swans. You may also catch sight of other birds that visit to feed on the crumbs that are left around. Rounding the lake to the right was a thicket of Goat Willow growing on the soil dredged from the lake in 1989. Over a series of Ridges and Furrows which were the remains of strip cultivation farming by the villagers of Allestree until about 1780. then back towards the wood. Over the past couple of years the Friends of Allestree Park have done a lot of tree planting alongside the wood which will increase the size of the woodland in years to come. During the warmer months the woodland habitat supports an array of Butterflies and Moths, Fungi, Beetles, Wild Flowers, and around the lake there are often Dragonflies. After most of us had left David decided to explore the park a little more. At the hall he found a newly created café, which is something to remember for future visits. I'm sure it's a new venture and will make a lovely addition to the park.

**Frustration** is trying to find your glasses without your glasses.

**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.

**My wife and I** had words, but I didn't get to use mine.

**Troponin.** Some weeks ago national newspapers were highlighting a new blood test to determine heart attacks, especially in women. The new test is inexpensive and quoted at £5.00. It has the ability to detect smaller changes in troponin levels which are commonly masked in women and allows for a more accurate analysis. Dr Julia Baron, cardiologist at Royal Derby Hospital says, "*We already have an approved high sensitivity troponin assay at Derby*". So, lady's, you are lucky to be treated at the Royal Derby Hospital.

**Olde Tyme Music Hall.** We are to showcase an "Olde Tyme Music Hall" event on 13 June at St Nicholas Church hall, Allestree. Watch this space.



**Tommy Cooper Lives:** The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death! I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

**Feedback.** The following is feedback from last month's Newsletter despite my computer not allowing me to make an attachment, *"Thank you for the February newsletter. Brilliant as usual, lots of info, jokes, advice etc. Best thing of the month!!/ Thanks Michael, again newsy and humorous/Newsletter safely received. A riveting read as ever/Thanks for the newsletter it looks great/ Thanks for the newsletter. Printed off as usual for CCU/ Thanks for the above, excellent, as ever - wherever you get the jokes from I don't know, but they make me laugh out loud! Kind of you to include our exercise groups in the relevant section/ Many thanks for the newsletter, always enjoy the jokes/ Amusing and informative, as usual/ We always enjoy reading it so will print it off and read it in the comfort of an armchair instead of gazing at the computer screen/ANOTHER of your sparkling mags full of useful info and jokes to keep us happy/Just read the newsletter excellent--the jokes are very good/ Very good newsletter, glad to see that the swimming was mentioned this month, always something in about the walks with photographs, I appreciate it is difficult to get photographs of the swimming but it seems not to have been mentioned for a while in the newsletter other than in the list at the bottom unless I have missed it/ Thanks for Newsletter. We shall miss next month's Meeting. Shame cos, surprisingly - I like Chocolate/Always amusing in part and poignant in others"*. What do you think?

**The irony of life** is that, by the time you're old enough to know your way around, you're not going anywhere.

**Hare & tortoise walk at Calke Abbey.** Dorothy Stevens writes - I first went to Calke Abbey in 1957 on a school trip. Our head teacher was a resident of Calke Village and she had permission from Mr Charles Harpur-Crewe for us to walk in the park. We arrived at the gate on a low bridge double decker bus. Calke is not an abbey at all. The Augustinian order of monks did build an abbey there in 1133 and dedicated it to St Giles, but since 1622 it has been the home of the Harpers and Harpur-Crewe's. In 1703 Sir John Harpur had the present Baroque mansion built on the site of the abbey keeping some of the old 2ft thick walls. This was a high society family. In 1790 Sir Henry Harpur took a lady's maid to be his bride. Society shunned the couple and they in turn shunned society. The beginning of the tale of eccentricity and reclusiveness would then span two centuries. This was a grand house with many rooms and a family with money. When they tired of one room, they would just leave it as it was and move on to another room. Following his marriage in 1876, Sir Vauncey Harpur-Crewe locked up his bachelor room, containing heads of stuffed animals he had shot in his youth. When the National Trust took over the house in 1985 they found a dust laden, neglected but intriguing place, filled



with treasures of a bygone age. We all met at the car park by Ticknall Village Hall. Firstly we walked to the information board for the photograph to be taken, then across Ingleby Lane and along Chapel Lane past the Methodist Chapel, houses and one of the green cast iron water pumps that were installed to bring water into the village by Sir Vauncey Harper-Crewe in 1914. There are a few of these water pumps still in place in Ticknall. Then under the horseshoe bridge, built in 1804 to carry a tramway from Calke to Wellesley Basin, on the Ashby canal. Further along the road we turned left onto a track that ran through a woodland area to our right were abandoned lime kilns, and to the left a pretty wildlife pond transformed from the old gravel workings. We then continued up the gentle incline through crop growing fields to the top. There we were rewarded with a lovely view of Staunton Harold Reservoir, the airport control tower, and beyond that Ratcliffe Power Station. We then entered a woodland and walked along the side of the Deer Park, down an incline that was a bit muddy at the bottom. Along the side of the lake on an upward footpath we arrived at what was the stable block of the hall which now has comfort and refreshment areas. This was where the Tortoise walkers said goodbye to the Hare walkers. The Hares continued their walk, whilst the Tortoises went to the café for bacon cobs, coffee and a sit down. The tortoise group took the path alongside the Mere pond and Betty's pond, passing a very unusual shaped tree, to the main estate road, turning left and going past the middle lodge. The road goes through an avenue of lime trees planted in 1846 to mark the birth of Sir Vauncey Harpur-Crewe and back to Ticknall.

**Frustration** is trying to find your glasses without your glasses.

**Committee member required to serve from May 2015.** Alan Bown has given notice that he is standing down as a committee member at our AGM in May. We therefore seek someone to replace him on our committee. We already have one volunteer but advertise the vacancy for all to consider. Please contact Michael for a confidential discussion.

**God made man** before woman.....so as to give him time to think of an answer for her first question.

**Anniversary lunch.** The Mayor of the City of Derby, Cllr Shiraz Khan is to be our guest and will be joined by our President Dr Julia Baron and her predecessor Dr Michael Millar-Craig. A few places are still available, contact Barbara Rowe on 01332 767368 to book your place for 18 April at Cathedral Quarter Hotel, 16 St Mary's Gate, Derby DE1 3JR.

**I was always taught** to respect my elders. But it keeps getting harder to find one.

**New members.** This month we welcome new members Win Smith, Avril & Stephen Simcox, Rita Solowiej, Jean Moseley, Kay & Raymond Grant, John & Hazel Salt and Ken & Elaine Drew. We hope you enjoy our company and our events.

**Chris Wright** has written in as follows "*I wonder if anyone else has had a pneumococcal vaccination invitation or has had the jab themselves? I would be interested to hear of any side effects suffered and whether it is felt to be worth having? I recently received a letter from my GP about this saying I was in a group with slightly raised risk of developing pneumonia and recommending that I have the vaccination.*" Does anyone have anything they would like to share with Chris, forward it to Michael please.

**A three-year-old boy** was examining his testicles while taking a bath. "Mom" he asked, "are these my brains?" "Not yet," she replied.

**There was a very gracious lady** who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments." Answered the lady.

### **Forthcoming programme.**

#### **March.**

Saturday 21<sup>st</sup> Walking back to health - 🐢 Bretby walk of 4 miles, meet at Garden Centre car park, Bretby Lane, Derby DE15 0QS at 9.30 to walk at 10.00 AM.

Wednesday 25<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Tuesday 31<sup>st</sup> Coffee morning at The Cube café/bar from 10.30 AM.

#### **April.**

Wednesday 1<sup>st</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Wednesday 8<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 11<sup>th</sup> Walking back to health – 🐢 & 🐢 Wirksworth & Alport Heights walk of 7 ¼ miles, meet at Hannage Brook Medical Centre car park, Hannage Way, Wirksworth DE4 4JG. Meet at 9.30 to walk at 10.00 AM.

Monday 13<sup>th</sup> "My life as a professional clown" - Uncle Michael will entertain us at 2.30 PM in the Friends Meeting House.

Wednesday 15<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 18<sup>th</sup> Thirtieth Anniversary Formal Spring Lunch at Cathedral Quarter Hotel, 16 St Mary's Gate, Derby DE1 3JR at 12 noon.

Wednesday 22<sup>nd</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 25<sup>th</sup> Walking back to health - 🐢 Hilton walk of 2 miles, meet at car park Willowpitt Lane (A516), Hilton, Derby DE65 5HW. Meet at 9.30 to walk at 10.00 AM.

Tuesday 28<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 29<sup>th</sup> 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](mailto:livewell@derby.gov.uk) Seated exercise classes at CRU, 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](mailto: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