

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter May, 2011.

A.G.M. On Monday 11th May we held our 26th Annual General Meeting. It was attended by 29 members and two guests, one of whom was Sophie Jardine our area fundraiser for the British Heart Foundation and the other, a prospective member of Take Heart (Derby). We do hope that he liked to us enough to come and join us.

Apologies were received from Wendy Glenday, Jean Sykes, Derek Skidmore, Brian McCarthy, Trisha Flude and Don and Marjorie Pate.

The meeting followed the usual AGM formula. We were welcomed by our chairman, Michael Flude, the minutes of the last meeting were read and approved, as were the Treasurer's and the Chairman's reports.

There was no election of officers because all were re-elected last year for two years and all members agreed to serve again for another year.

In his report Michael told us that we had recruited 33 new members during the past year.

This is a huge number and far exceeds the recruitment numbers over the past five years.

Sadly we have lost two members both whom have died, Ray Orchard and Doris Langham.

They will both be sadly missed. Three others decided not to renew their membership due to work reasons. Our net membership now stands at 107 which is an increase of 35%.

Our walks have been restarted and are proving to be very successful, the swimming is gaining new participants and the coffee morning is attracting more and more members.

Monthly meeting. The highlight of the afternoon was the introduction of our new President, Dr. Julia Baron. Dr. Baron expressed her pleasure at being invited to succeed Dr. Millar-Craig as our President and assured us that she would be very committed to



Take Heart (Derby) and do the best she could to offer help and support. Dr. Baron then proceeded to give us a most interesting, informative and illustrated talk about the advances in Coronary Angiography and the wonderful work done by the new CT scanner bought with funds raised by the British Heart Foundation. Dr. Baron was thanked for her talk and presented with an orchid by Vice-chairman Joyce Cocking. There was so much interest in the meeting that we ran out of time. We had to miss our cup of tea, or more particularly one of Joyce's delicious biscuits! Dr Baron has agreed to

attend our meeting in November to answer questions that we could not fit in on this occasion.

Member News. Wendy Glenday, though still very ill has moved from the Royal Hospital to a nursing home where according to Doug she has settled in fairly well.

We were very sorry to hear that, the night before the AGM, Trisha Flude was admitted to the Royal Derby Hospital. After almost a week in the coronary care ward and the ministrations of Dr. Millar-Craig and Dr. Baron, Trisha has now returned home to be cared

for by Michael - and we all know what a demanding job of a carer is like. We all send our best wishes to Trisha and Michael - they have not had the easiest of years.

We are glad to report that Marilyn is back in circulation - not yet "firing on all cylinders" as they say but we were delighted to see her at our meeting on Monday and sincerely hope that she will soon be her usual energetic self. In the meantime she has an excellent chauffeur and help-mate in husband Neil.

We were all very surprised to see Donna Knowles arrive in a wheelchair with one leg in plaster. Apparently whilst at their home in France, Donna fell downstairs, breaking her leg in the process. Again husband Ian has become carer and wheelchair pusher. We send them both our best wishes and hope that soon that we will see Donna on two feet again. Michael reminded us 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 send our heartiest **congratulations** to Brenda and Paul Riley who celebrate their 51st wedding anniversary on 25th June, and to Keith & Linda Calladine who celebrate their 40th anniversary. We hope that you all have a very happy day.

"Many happy returns" for birthdays in June are sent to Coleen Yates, Lynn Rowlatt, Elaine Starbuck, Jean Birkin and Trevor Ford. We hope you all have a very happy day.

Comment corner. We have received a further contribution from another member to YOUR Newsletter, this time from David Mear, one of our newer members.

My Personal Journey To Take Heart (Derby)

Ely is a very pretty Fenland town. I was sitting in an RAF coach waiting for a group of air cadets to arrive at the station. We parked by a shop selling "five Mars bars for £1." Being bored I went in and purchased five bars, returning to the coach my driver told me the train was 90 minutes late.

I started eating a Mars bar, I needed a quick sugar fix after the news, by the time the train was a further 30 minutes late (two hours) I had eaten all five bars.

My left arm and hand started to give me pain and tingle, the pain continued up to my neck, I rang for an ambulance, Peterborough Hospital told me that I had angina. That was the end of my RAF career (finally), or was it? I was called to the RAF medico a week after the incident in Ely, to be told, "You have no enzymes in your blood, you are allergic to chocolate!"

Eight years later, May Day bank holiday 2008, I was suddenly aware of a very sharp pain under my right arm, it was sharp pain, next my left-arm felt a similar pain. Thinking I had pulled chest muscle because my chest was feeling tight, I decided to drive home.

I arrived home 45 minutes later, sweating profusely, clammy, worried about my left lung (I had TB at 14). My wife called an ambulance, a young lady arrived very quickly by car and announced, "You are having a heart attack, no real problem! I can start treating right now. Relax and breathe in slowly." Then the ambulance crew appeared and, some short discussion with the paramedic already working on my left hand, then he started putting the tube in my right hand.

All this time I was very relaxed, not really knowing what was happening with all this activity around me, I was doing fine, (or was I?) I now know the ambulance men had told my wife, "Your husband is very ill, you really could lose him!" (I felt fine,) I was oblivious to all this concern, I just sat in my chair waiting to be given news, hospital or not? Burton is the nearest cardio unit but Glenfield (Leicester) was needed to treat me. I was in Glenfield five days, stented and left hospital feeling five years younger. Off to the Scottish border I went for my 60th birthday and had an away break after my heart attack. 10 days later

*(back at Glenfield) the main artery stent had been blocked by, "a bit of dead heart floating around." This time an aneurysm was found in my heart. Going home day came very slowly, I was aware of an aneurysm and its ability to cause instant death. I really felt alone, I didn't know what to expect or what to do next. I had never heard of **Take Heart**.) (Derby) Today I am once again confident, I have a number of people I can talk to who have already faced my dilemma; I am able to do something useful thanks to Marilyn and Pat, (that makes an enormous difference). Being able to help brings something positive to my everyday life. The warmth and support you feel from your first visit to **Take Heart (Derby)** is most important. The feeling of belonging to a group who understand the journey you have been on. (That is totally priceless.) We all need to belong and have a social life with people who do not keep asking about your heart problems. Now I really do **Take Heart** and **Take Part** in confident living and enjoying my life again!
Thanks to **Take Heart (Derby)***

We have also received another poem this month, this time from Trisha Flude.

After the flood.

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 noises continue,

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 on my house.

Does output equal input of tea?

Plumbers, Joiners, Plasterers, Decorators, Carpet fitters, and the rest

Seem to need regular re-fuelling and of course, it must be four star.

Tea so dark, sweet and spoon standing up thick

You wonder how they can drink it and still manage to talk at the same time,

After 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"

Is it 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.

Our Chairman, Michael Flude adds, "It is gratifying to hear from our members that we are providing 'what we say on the tin'. Thanks to David for his story and Trisha for her poem and to all those who make our meetings so special with their support". We want you hear from members who do not attend our functions about what they are interested in.

Walking. We announced last month that we were putting into place another series of walks, now nick-named the “tortoise” walks. These are designed to be a little less physical, without obstacles and generally shorter distances. Perhaps that is why only four members turned up for the latest walk at Swarkestone on Sunday 15 May. Or perhaps it is because we moved it from the second Sunday to the third. Either way, it was a disappointing turn out but at least we did not block up the car park at Swarkestone Church. The weather was not too good either but the walkers enjoyed the journey around Swarkestone and Barrow-on-Trent.



Our first “tortoise” 🐢 walk is set for Saturday, 28 May. Leaving at 10.15 am from the main car park in Baslow and walk the 3 miles to Chatsworth and back. David tells me this is reasonably flat and an easy walk even for those in a wheelchair. You have asked for it, so you had better be there! Don't forget to bring your friends (and the dog). Let's make it a record turn-out.

Our next regular walk takes place on 12 June and sees us leave the old railway station car park in Tissington at 10.15 am. The walk to Parwich and back is approximately 4.5 miles. There is an extra incentive this time in that we will meet NON WALKERS for lunch. For more information contact David Rowe on 01332 767368 or Noel Clough on 01332 727541 or Marilyn about the lunch on 01332 558756.

Extra note for Walkers. For those of you who like to do their own walks I noticed that a new book is about to be published, written by Pat Tidsall, who has already published several books of walks in the Peak District. Now in her early eighties Pat is still walking but says this book will appeal to those who won't be able to walk so far for many reasons. To quote, "It's aimed at people in wheelchairs, with pushchairs, young families, for people with sticks, for older people who don't want to walk very far and for **Take Heart** walkers, who are heart patients". The title has not yet been agreed and but, says Pat, could be a something like "Very Short Circular and Linear Walks in and around the Peak District." By very short we mean it is anything from half a mile to the absolute maximum of four miles." This book will be published by Ashbourne Publications later in the year probably priced at around £3.99 as are her other books. David Rowe and Michael Flude visited Pat recently and revised some of the planned “tortoise” walks.

Swimming. Our swimmers were disappointed when they turned up at the baths last week to find that the session had been cancelled. Apparently there was a shortage of life guards. Please telephone 01332 641444 for confirmation that the swimming session is going ahead before you leave home. We apologise for this, but the circumstances were beyond our control.

Lunch. Our next informal lunch will take place on Sunday 12 June in the Bluebell Hotel and Restaurant in Tissington, where we will meet up with the walkers. All friends and family are welcome, at 12 noon. Make a change and go out for a relaxing lunch on a Sunday, see you all there.

Summer Garden Party and Strawberry Tea. 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. **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 or ask any of the committee members.

Please bring your own cutlery and a garden chair as usual.

New Air Ambulance. In April we heard from the Derbyshire, Leicestershire and Rutland Air Ambulance at our monthly meeting. They are now operating a newer helicopter, which Bishop Alastair has blessed in a recent ceremony at East Midlands Airport. Dr Redfern said that the helicopter was "a wonderful sign of how that goodness in each of us can make such a difference." he said: "The helicopter represents the support and goodwill of so many people around our counties who want to provide help and comfort for those who suffer. "Since December, the helicopter has flown more than 200 missions. It can reach a cruising speed of 200 miles an hour and has a cabin big enough for three patients, compared with the space for one or two, at a squeeze, in the previous helicopter.

Gardening. I read in the papers that they are having trouble at Chelsea this year with all the plants coming into bloom two weeks earlier than anticipated. Wimbledon is also getting worried because all the strawberries are ripening now and may be past their best or at least in short supply by the time the tournament takes place in July. We home gardeners are having a similar problem. I have roses in bloom that have never bloomed before the middle of June before and many other June flowering plants have been putting on a wonderful display. On the other hand some of the shrubs are beginning to look distressed through lack of water. It is a good idea to give them a can of water every other day in the morning or afternoon, though not in the evening as it often becomes cold at night. Lovely though they are, forget-me-nots run amok if allowed to self-seed. Remove old plants carefully and allow only a few plants to drop their seed. Harden off seedlings and tender plantlets and check for greenfly on roses and other known targets. In warm sunshine, dampen down your green house, not only does this help flagging plants but also discourages red spider mite, which is a difficult pest to eradicate once established. Hanging baskets and tubs and can be planted up now but may need some protection at night. It really is a bit early to hang out baskets, they are better left inside a large pot until they are fully established. Happy gardening!

Healthy eating. With the glut of strawberries promised I have been searching for recipes containing strawberries. There are plenty that tell how to make strawberry meringue, strawberry flans and strawberry shortbread, all of which contain a lot of fat, and sugar and though delicious are not very healthy. I know that peaches are not yet in season, unless of course they come from sunnier climes, but here is a recipe for peaches in red wine which sounds quite delicious. After all Dr. Millar-Craig did tell us that the odd glass of red wine would do us more good than harm!

8 fluid ounces red wine.

2 tablespoons caster sugar.

1 cinnamon stick.

2 cloves.

1 lemon rind, grated.

4 peaches.

Mix together wine, sugar, spices and grated lemon rind.

Skin and slice peaches and marinade in wine syrup for at least one hour.

Poach over a low heat for 10 to 15 minutes.

Serve either warm or chilled.

For an alternative try replacing the peaches with Conference pears or Cox's apples.

Joke. Said a Londoner to an old Villager in his cottage on the cliff top near Whitby;
"There cannot be much fresh air in these old houses."

"Young man," replied the native, "There's more fresh-air comes through our key hole than you have in all of London!"

And finally -

A party of southerners who were on a coach trip around Yorkshire saw a windmill for the first time. They asked a local farmer what on earth that thing with the sails was.

"Nay, don't you know?" he said. "That's an electric fan to keep the cows cool."

For your May/June diary.

Saturday 28th. Tortoise "walking back to health" from Baslow to Chatsworth. Meet in Baslow car park at 9.45

Tuesday 31st. Spring Bank Holiday coffee morning at Derby Cathedral Coffee-shop 10:30am to 11:30am in the Sir Richard Morris (basement) lounge.

Sunday 12th. Our regular "Walking back to health" walk takes us from Tissington to Parwich. Meet at 9.45 in the old railway station car park, Tissington.

Sunday 12th. A chance to meet the walkers and share a relaxing Sunday lunch at the Bluebell Inn and Restaurant, Tissington at 12 noon. Non walkers welcome.

Monday 13th. Jean Henshaw will entertain us with a very humorous talk at The Friends Meeting House from 2.30 pm.

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 10:30am 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".

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, 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