

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter May, 2013

Thank you to all those who comment about your Newsletter. It helps to shape the content.

Annual General Meeting. Thank goodness that is over and done with for another year.



We started with the laptop doing one of its annoying rebooting or something. Had explanations of what the preceding year had contained, including the financial report. Michael was re-appointed Chairman for the next 3 years, April retired as treasurer and Kevin Noon duly elected. Robert Jones and Pam Fearn were elected to the committee. Then, the moment everyone had really attended. Our President, Dr Julia Baron. She fielded all manner of questions from numerous members about arterial fibrillation, medication and some of its side effects, angioplasty and angiogram, how the heart works and what to expect when entering hospital – even during the evening



and weekends. Refreshments were taken quite late as everyone appreciated the way in which “Superwoman” gave her time to us.

Next month. Life at the British Broadcasting Company is the exciting prospect of a talk by James Roberson on 10 June. He was formerly a speaker with East Midlands Today's special features reporter James Roberson. He reports on issues from all around the region. James will discuss a few secrets about his interviews, as well as demonstrating the equipment he uses. The meeting is at 2.30pm at The Friends Meeting House on St Helen's Street, Derby (adjacent to Radio Derby).

Coffee in a Cube! It seems we nearly always have forty members attending the coffee mornings. It is made up of a lot of regulars and also different individuals, but we always



seem to be around forty in number. And so it was at the end of April. We are due to start at 10.30 but you will not be first in line for coffee at that time. No matter what time the photographer arrives, there are always others who have beaten him to it. This time it became a bit expensive for many. Michael was collecting sponsorship money having completed the Chatsworth walk and David was trying to achieve sponsorship for his next walk at Cromford (15 miles

if you are interested or there is a 2 mile version for the not so athletic). It was midday before most were thinking of leaving, having enjoyed the ‘talking’ thing. Let’s make it fifty on 28th May.

Royal Derby Hospital – visiting times. For all those of us who have been visiting our loved ones at the RDH and complained about the visiting times – well someone has been listening. Ward 408 is now open 11 am – 1 pm and 5 – 7 pm, MAU (that most annoying of places) is open all day, SAU 11 am – 9pm but CCU remains open from 2 – 4 pm and 6 – 8 pm. Information about other wards can be obtained on 01332 340131 or www.derbyhospitals.nhs.uk/wards.

Clinical Commissioning Groups. Have you noticed the difference? CCG's have now taken over local health services. Derby City and South Derbyshire areas are now covered by the NHS South Derbyshire CCG. Most GP surgeries also have a Patient Participation Group (PPG) who will work alongside the surgery staff to ensure services are meeting the needs of patients. There are CCG's in Erewash, North Derbyshire and Hardwick. If you want to be involved, contact your local surgery. Most patients will probably not find much difference in the way they are looked after, most of what has happened is about the administration, which is now in the hands of local GP's. You can find out more on 01332 868677 or www.southernderbyshireccg.nhs.uk.

Member news. We have been informed that Rod Starbuck has suffered a stroke, Desiree Day is still recovering from a brain operation, Margaret Harrison is now at home and Marjid Quadri is also very poorly. An operation for Paul Riley has unfortunately not proved a success and Marjorie Pate is recovering after being knocked down by a car, whilst Don is recovering from pneumonia and knee problems. What a poorly lot we are. We wish all of you a return to better health as soon as possible. There may be others who have not been well but we rely on someone to tell us, please ask a member of your family to contact us. Better still, invite them to become members of TH(D) and they will have direct contact to us.

New members. This month we welcome Sally Cholerton and Paul Dudley, Julia and David Backhouse to our group. We wish them all well and hope they enjoy our events.

Birthdays. Birthday wishes in May go to Jean Sykes, David Rowe, Margaret Evans, Vera Clarke, Chris Scott, Janet Holmes, Paula Barsby, Rachel Robinson, Avril Jennings, Sandy Smith, David Hillis, Robert Jones, John Storry, Eve Muscroft-Cann, Peter Polhill, John Bartram, Vic Percival and Tom Hunter. Happy birthday to one and all. We continue to receive thanks from those who have received birthday cards made by April Howe. Wedding anniversary celebrations are for Derek & Lorna Skidmore. Congratulations to you all, have a great time. Again we record the thanks of a member for their recent birthday card "*I have to thank someone at take heart for the Birthday card*". Thanks April, another satisfied customer.

Pressure relief to ward 408. Some time ago we learned that there were insufficient pressure relief cushions on ward 408 for each patient. We also learned that the hospital were not able to purchase the cushions. We agreed to purchase some but found they cost £89 each. We also learnt that we could eliminate the VAT element of the cost by using "blue badge" numbers of registered members – thank you. This done, Michael seized the opportunity to twist the suppliers arm even further and procured 10 cushions for £500 (£50 each). On 8 May, we presented the cushions to the Senior Ward Sister, Mary Richards, pictured with committee members.



Emergency numbers. Whilst on the subject of medical matters, there are aspects of emergency contact numbers we are asked to consider. Everyone will dial 999 if they consider hospital treatment to be the best way forward for the patient. If it is advice you

require, then 111 is the number to be used. There are also NHS walk in centres at London Road Community Hospital (01332 224700) or the Derby Open Access Centre at St Thomas Road (01332 275610), and at Ilkeston Community Hospital (0115 930 5522). Don't forget you can always consult a pharmacist if your health issue is not urgent e.g. diarrhoea or flu like symptoms. If you are out and about, using 112 from a mobile phone will allow the answering service to pinpoint your location to effect any rescue which might be necessary (useful for Michael when he gets lost on the walks).

Dining out. A man and a woman were having a quiet, romantic dinner in a fine restaurant. They were gazing lovingly at each other and holding hands. The waitress, taking another order at a table a few steps away, suddenly noticed the man slowly sliding down his chair and under the table, but the woman acted unconcerned. The waitress watched as the man slid all the way down his chair and out of sight under the table. Still, the woman appeared calm and unruffled, apparently unaware her dining companion had disappeared. The waitress, thinking this was a bit risqué behaviour that might offend other diners, went over to the table and tactfully, began by saying to the woman, "Pardon me, ma'am, but I think your husband just slid under the table." The woman calmly looked up at her and said, "No, he didn't. He just walked in the door."

Spring Luncheon. We celebrated St Georges Day on 23 April with our annual spring luncheon at the Cathedral Quarter Hotel.



Thirty seven members attended the former police museum where the gaolers looked after us in a grand manner. We greeted one another in the bar before ascending the beautiful staircase to the dining room. The meal was excellent and the service was superb, we were made to feel very welcome. The meal options were excellent and Pam really enjoyed her sweet (she is the one who was seen enjoying her chocolate pudding back in November as well). There was the



usual chatter as everyone enjoyed each-others company, typical of TH(D) events over the past few years now. We were happy to welcome Alan & Rosemary Philips of Take Heart Leicester as our guests. After the meal, Barbara surprised everyone with a gift of daffodils, even for the menfolk. Many have since spoken of how beautiful the flowers were as they opened up. Arranging and organising a function like this takes

a lot of time and hard work. We extend our sincere thanks to Barbara for organising this event. Our next formal lunch will be 10 December, make a note in your diary now and watch this space for details. Will you be there?

Attention GTN users! Guidance on how to use a GTN spray has changed according to NICE and the BHF. Use it only twice (not three times as before), waiting 5 minutes between each use. If the pain has not gone, then dial 999 and get professional help.

Isosorbide Mononitrate is difficult to obtain and so you will be offered an alternative. Be sure you are comfortable that the change to a modified release tablet contains the dosage of Isosorbide you need. Check with your GP.

You get miles to the £ with Michael. Michael's intention was to achieve sponsorship for completing a 4 mile walk on behalf of the BHF at Chatsworth but he ended up doing **7 MILES**. On a very windy but bright morning, large numbers of fundraisers set off on the annual BHF Chatsworth Walk. Uphill from the beginning (the worst bit) and off into the



forest which sheltered us from the wind for a time. Along the rear of Chatsworth House, I discovered a large play area for children which I had never seen before. Leaving the forest was where that I intended to exit stage right and

drop down to make the 7 mile walk into a 4 mile version – but I missed it. Does anyone know where I can get map reading lessons? Then out onto the ridge where we were quite exposed to some gale force winds. At the split point I saw a fleet of off-road 4 X 4 vehicles and thought some kind person had sent a car to take me back to the finish line – but alas. Ten milers off to the left and seven milers down the rough stoned path – more like a river bed. This was very steep and agony on some sore knees. At the bottom stood the smiling face of Kevin Noon who had volunteered to be a marshal for the event. Onwards along the riverside and some much needed level ground. In the lee of Chatsworth House was a rally of TVR cars and their owners – quite a colourful sight with cars of all colours. Back across the bridge and we could almost smell the finish line or was that the sheep. Suddenly, over the line and a welcoming hot coffee, managing to resist the burgers (tasty though they looked, it was a BHF event after all). Exhausted but exhilarated, Michael has handed over £391 to Sophie Jardine for the Mending Broken Hearts Appeal. Michael says “Thank you **ALL** so much for your very generous support, having your support means so much.” Congratulations to Chris & Chris Whewell who completed the 10 mile version of this walk. Can Michael catch them up next year? Maria Scaife, daughter in law of Dorothy Stevens, completed the Derby 10k run on the same day in almost the same time she recorded last year. Maria is so pleased with the support Dorothy gained from the BHF and TH(D), she wants to make a contribution in this way. Thank you Maria, we appreciate your support.



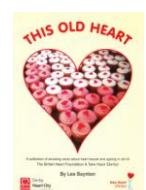
If the pants fit! MELANIE (age 5) asked her Granny how old she was? Granny replied she was so old she didn't remember any more. Melanie said, 'If you don't remember you must look in the back of your panties. Mine say five to six.'

Eye Eye Per Staehr sent this note: *A recent article in the Derby Post reported that a woman, one Anne Maynard, has sued a local hospital, saying that after her husband was treated there recently, he had lost all interest in sex. A hospital spokesman replied, "That Mr. Maynard was actually admitted in Ophthalmology - all we did was correct his eyesight."*

Jam Jar Challenge. How are you getting on with your jam jar? Is it filling up? It could



make a difference when we empty them in November. Are you with me on this, please? **This Old Heart.** Les Baynton has written a book of poems about heart surgery and recovery. He is selling the books for £3, with the proceeds being shared between the BHF Heart City fund and Take Heart (Derby). Copies will be available at meetings or direct from Les on 01332 206734.



Do you have an email address? Let Michael know so you receive everything quickly.

I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.

37,000 premature deaths each year – due to physical inactivity. That's the figure calculated by South West Public Health Observatory. Physical activity is one of Life's Simple Seven steps to a healthy heart and are: STOP SMOKING, BEING PHYSICALLY ACTIVE, NOT BEING OVERWEIGHT, MAINTAINING HEALTHY CHOLESTROL LEVELS, KEEPING BLOOD PRESSURE DOWN, REGULATING BLOOD SUGAR LEVELS, AND EATING HEALTHILY. Prof Jean-Pierre Despres, scientific director of the International Chair on Cardiometabolic Risk, said that only 1 in 1,000 people achieve heart healthy standards. This is partly "why we have a swimming session every week and two walks per month" says Michael. "It is something that is easy to do and in the case of the walks, they are free." One doctor has been quoted as saying "spend 15 minutes exercising every day or be dead for the rest of your life." It is up to you.

Swimming. The cooler weather has returned but now is the time to start some gentle exercise so that we may look and feel a little more healthy over the coming months. Eight turned up last time out, and enjoyed their exercise. Leaving the pool refreshed, several visited Jack Rabbits for some more rabbiting and a coffee. 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**. See you next week, then?



Sent to me, anonymously. **Hospital regulations** require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

Talking Walking. On the road to a longer life. A report in the Daily Mail recently quoted research from the National Institute of Health in Rome had examined elderly people for 10 years. Survival was highest for those who walked in the OPEN AIR (not the Westfield shopping centre) for 15 minutes, four times per week. Factoring in age and weight, walkers death risk was cut by 47%. The BHF also comment that "walking at a moderate intensity can help you experience the health benefits of being active," says Lisa Purcell. We meet to walk twice per month, so you still need to do a lot more but it is a start.

Pick up the rhythm with this ditty sent in by Marilyn - We love to go a-wandering, along a country track, and as we go one member has, a knapsack on his back. Although it's fairly heavy and cumbersome and black, we all take turns so no one ends up, with an aching back. We always take it with us, the whole way there and back. It doesn't carry goodies for a tasty half-way snack, we bear its load with pleasure, in case of heart attack, it could be a life saver – our defibrillator pack.

Tortoise walking. Windy April in Allestree Park was the venue for our tortoise walk but today the weather was actually warm. We were greeted in the car park by police, who were searching for a missing man. He had abandoned his car, and the police helicopter was called. Regrettably his body was found by other walkers in woodland nearby. Unaware of the discovery we set off, all 14 of us through the wood, across



a golf fairway and round the back of Allestree Hall. It is used partly as a clubhouse by golfers now, with the remainder sadly falling into decline. We paused by the ornamental pool, which has a pair of turtles who were once on display at the River Gardens. Then, off across the park, round the pool and then uphill alongside the golf course and into the woods. We could see the police helicopter above the trees and it seemed to guide us back to our cars. There is not a Costa coffee shop, so Dorothy invited all back to her home nearby for refreshments. Fabulous. A wonderful way to spend a couple of hours, and even this walk had a shorter version, a true tortoise walk!

Hare & Tortoise combination walks. We will contrive to include a tortoise walk within the hare walk. Michael has been doing this shorter route version and has been rather lonely – aah! We can all join together at a “pit stop” and have a nice cuppa.

Barton under Needwood was start of our first official joint hare and tortoise walk. Combining the two seemed to be a good idea as 7 turned up (6 to do the big walk and one to keep Michael company on the short version – except that Michael did not turn up. This is a very pleasant walk through the National Forest area. It makes a figure of eight where two shorter routes (2 miles and 4 miles) for the tortoise’s, but Elaine decided to continue with the longer walk, great stuff. At Tatenhill the route takes the short steep climb to Battlestead Hill (see left) where the extensive views were well worth the climb, where a convenient seat for a rest or picnic. From Tatenhill the bridleway took us through the lovely open parkland of Dunstall, where the Hall is now for sale if you have a few million pounds to spare, and another seat made for another pit stop. Someone obviously had TH(D) in mind with strategically placed seats. Then back to the Three Horseshoes for some further refreshment.



If you need help getting to the walks telephone David Rowe on 01332 767368.

Bolly good news. It seems that drinking a glass of champagne 3 times per week can improve your memory. Reading University scientists have identified health benefits in champagne which they claim can ward off dementia and Alzheimer’s disease. The compounds thought to be responsible are found in black grapes (about 80% of champagne content) are Pinot noir and Pinot meunier. Prof Spencer suggested that “Dementia probably starts in the 40’s and goes on to the 80’s. It is a gradual decline and so the earlier people take these beneficial compounds in champagne, the better.” Interestingly, the Alzheimer’s Society urges caution as “a lot more research is needed.” Or is that a euphemism for a bit more drinking? If only I could remember where I put the bottle!

Comment corner. We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback from April's edition: *"Thank you for another excellent newsletter/ Another informative, amusing newsletter, I was touched by Robert's beery tribute poem...thanks Robert, I will get you a beer...which is of course good for heart health...in moderation/ as brilliant as ever/ Need some more jokes in the next newsletter please/ I reckon you always put gobbledegook on in the first paragraph to check we have read it/ As good as ever/ Thank you for the newsletter, found it really interesting and funny. The article on the 'jab to repair the heart' was intriguing and not something I was aware of/Phew!!!! What a lot of time and effort you put into this monthly Newsletter. It always makes very interesting reading, and love the injection of humour as well as the more serious stuff. Thank you very much...again/ Up to the usual standard".* Others have commented verbally *"our Newsletter is the best thing that comes through the post/I'd love to receive it in colour as the photographs are sometimes not very clear"*. But do you agree? We would love to hear from you, especially those who are unable to attend our events! Thanks to all those who respond, it makes a difference.

A man was telling his neighbour, 'I just bought a new hearing aid. It cost me four thousand pounds, but it's state of the art. It's perfect.' 'Really?' answered the neighbour. 'What kind is it?' 'Twelve thirty.' came the reply.

Scanner Presentation. There are times when you are involved in something which is quite emotional. The most recent was when we attended the Royal Derby Hospital to hand over the 2 D scanner purchased for use by the children's hospital department. Take Heart (Derby) contributed to the total cost of £56,000 and already 3 babies have been diagnosed with heart conditions by staff using this new machine. All three have now received corrective surgery and their lives have been saved. So it is not just 'oldtimers' that have heart events but babies as well. Don't you feel proud to be a contributor to the provision of this life saving equipment?



A Great Country or What? You're a sick senior citizen and the government says they are going to sell your house to pay for your nursing care. So what do you do? A plan we heard about gives anyone 65 years or older a gun and 4 bullets. You are allowed to shoot four Politicians. Of course, this means you will be sent to prison... where you will get three meals a day, a roof over your head, central heating, air conditioning and all the health care you need! Need new teeth? No problem. Need glasses? That's great. Need a new hip, knees, kidney, lungs or heart? They're all covered. As an added bonus, your kids can come and visit you as often as they do now. And who will be paying for all of this? It's the same government that just told you that they cannot afford to pay for your nursing care. And you can get rid of 4 useless politicians while you are at it. Plus, because you are a prisoner you don't pay income tax.

The Travel Trust Club. Annual Holiday takes place on October 11th til 14th and is returning to Folkestone at The Langhorne Gardens Hotel (highly recommended). There are a few trips planned to local beauty spots. Places are limited due to advanced bookings, so if you wish to go then contact Bob Betchley on 01332 751198 quickly.

Charity AM-AM Golf Competition at Ashbourne Golf Club Friday 19 July. Teams of four are warmly welcome to enter the milestone Stableford event at £80 per team. Further details from Terry Hunt on terryhunt141047@btinternet.com or 07739 337940.

An exasperated mother, whose son was always getting into mischief, finally asked him 'How do you expect to get into Heaven?' The boy thought it over and said, 'Well, I'll run in and out and in and out and keep slamming the door until St. Peter says, 'For Heaven's sake, Dylan, come in or stay out!''

Speakers for 2014. It might seem a long way off but Marilyn is formalising plans for our monthly speakers for 2014. She already has a comprehensive list but would like to have your thoughts about subjects you are interested in, particularly if you have attended a talk from a truly excellent speaker elsewhere. Please contact her direct on 01332 558756.

How long did the Hundred Years War last? Answers to Michael, please.

Forthcoming programme.

May.

Thursday 23rd Lunch at the Carpenters Arms, Dale Abbey, DE7 4PP at 12 noon.

Saturday 25th Walking back to health - 🐢 The Cranfleet Trail of 2.5 miles. Meet at Trent Lock car park at 9.30 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.

June.

Wednesday 5th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 8th Walking back to health - 🐢 Milldale & Dovedale walk of 10 miles. Meet at Ilam Hall National Trust car park at 9.30 to walk at 10.00 AM.

Monday 10th James Roberson who will talk about news broadcasting and life at the BBC from 2.30 PM at The Friends Meeting House.

Wednesday 12th Swimming at the Queens Leisure Centre at 3.15 PM.

Tuesday 18th Lunch at Swarkestone Nursery, Lowes Lane, Swarkestone at noon.

Wednesday 19th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 22nd Walking back to health - 🐢 Tissington walk of 2.5 miles. Meet on Main Street near the café at 9.30 to walk at 10.00 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.

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.