

# Take Heart

(Derby)

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

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



## Newsletter May, 2014.

There are more members responding to this Newsletter than previously, which is terrific. The response to larger photographs was very positive from last month's Newsletter – what do you think?



Derby  
Heart City

Love our city ♥ Love your heart

**AGM.** (A report by Pam Fearn). Thirty-two members were welcomed by the Chairman, Michael Flude, to the Annual General Meeting. The minutes of the 2013 AGM were read and accepted as being a true record and agreed by the members. We were told by the treasurer that although Take Heart (Derby) had purchased Footstools, Oximeter, Telemetry Transmitter and a Spiderflash Unit for the Royal Derby Hospital our bank balance was still very healthy. Alan Bown and Jacquie Saunders were elected as new committee members replacing Les Tibbles and Pat Fitton. Michael informed members that Les had been a committee member for 13 years and had posted more than 12,000 newsletters over this period. Les had once said to me that he was very glad when self-adhesive stamps had come in, instead of him having to press them onto a wet sponge. Michael went on to say that Les would be greatly missed for all the hard work he had done through the years. Michael Flude, Marilyn Thompson, Trisha Flude and David Rowe were re-elected to the committee. Michael informed the members that coffee mornings were now being attended by more than 40 people making it a very sociable event with a friendly and welcoming atmosphere. Members now arrive around 10am and are still there at noon. Michael said that members had been on some very good walks this year and hoped that more people will be able to come along to them. He added that there were now up to 16 people attending the swimming on a Wednesday afternoon. Michael told the members that Take Heart (Derby) is making an application to become a charity which if gained would improve our profile. Take Heart (Derby) President Dr Julia Baron finished off the afternoon with answering many question put to her by members. Two topics dominated the discussion, being statins and its relationship with blood pressure, and warfarin and its replacement drugs. We also heard about health tourism with a difference, with one member getting great value for money by having a triple/quadruple bypass (he is unsure what actually went on) whilst on holiday in Tenerife. New committee member Jacquie Saunders presented President, Dr Julia Baron with flowers as a token of our gratitude for answering our medical queries.



**Next month's meeting.** Our speaker for June is Richard Booth and is entitled "Round the coast of Britain by motorcycle". Richard did not learn to ride a motorcycle until taking

early retirement in 1998. Once he passed his test, there was no stopping him and he purchased a Harley Davidson bike. Nothing but the best for Richard. Somehow, he persuaded his wife to join him on a 5,500 mile trip around Britain – a three week journey. Join us to see how many places you can recognise as he presents his pictorial journey.

**Coffee in a Cube!** *“This month we enjoyed a tour of the Deda facilities”, writes Dorothy Stevens. “The name is taken from the first two letters of ‘Derby’ and ‘Dance’, which came into being in 2008. The dance centre has been at Chapel Street since 1997, the building was originally a church and school rooms. Firstly we saw the studio theatre which doubles as a dance studio, with the theatre seating 134 on a tiered pull out seating. It is equipped with up to date stage lighting and sound system. At the back of this is a dressing area complete with lighted mirrors, and washing facilities for costumes. Beyond this down a corridor is another dance studio, complete with mirrors, a barre and a sprung floor. This studio is soon to be extended by expanding into the disused squash courts at Queen's Leisure centre. The building work is due to start later this year. Upstairs we were shown another studio, again with a sprung floor, barre and mirrors. Also on this floor was a meeting room, with a window above the Cube, which can be used to project images or films onto the white wall. Have a look up next time you are in there. Throughout the building there are exhibitions of art by various artists, these are changed on a regular basis. As well as providing all aspects of dance, other activities take place mostly in the café bar. A book club, Treats and tots and mums, a weekly interactive story time for little ones, adult craft classes, and summer holiday activities for children. I enjoyed the visit and hopefully we may be able to see the premises when the extension is complete”. Forty-seven members enjoyed each-others company, where we also welcomed a new member.*



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**Member news.** Since the last Newsletter was published, we have learnt that members who have been unwell are gradually improving. Vic Percival is on the mend, as is Dawn Freeman. Trisha Flude has been hospitalised for a week now and is still struggling. 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 Nicole Beyer-Richardson and her daughter Lana, Jacque & Andy Saunders to our group. We wish them all well.

**Birthdays.** Birthday wishes in May go to Jean Sykes, Thomas Staehr, David Rowe, Margaret Evans, Vera Clarke, Chris Scott, Janet Holmes, Rachel Robinson, Sandy Smith, Fred Rubini, David Hillis, Christopher Whewell, Robert Jones, Irene Bown, John Storry, Margaret Cresswell, Alison Wheatley, Peter Polhil, Andy Saunders, Pamela Ashton and Vic Percival. Happy birthday to one and all! We continue to receive thanks from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

**Directory enquiries?** A caller asked for a knitwear company in Woven. Operator queries: 'Woven? Are you sure?' Caller: 'Yes. That's what it says on the label; Woven in Scotland'.

**A note from Graham Bracewell.** Denis Norden was a guest subject on a lengthy radio programme early in the year. (He is well known for his contributions to British radio and T.V. comedy as a script writer with Frank Muir, and also as the host of T.V. out-take clips).

As the programme was drawing to a close, the presenter asked him if any of the hundreds of out-takes had really appealed to him. One had, and it concerned a BBC regional T.V. reporter who was sent out on an assignment to test the reaction of the great British public to deep fried Mars bars in a local shopping mall. The direct approach to one likely victim to the taste test was as follows - 'Excuse me, sir, would you like to try one of these free samples and give me your opinion? Are you peckish?' To which the reply was, 'No! Very sorry! I am Turkish!'

**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.

**Life is** not about the breaths you take but the moments that take your breath away!

**Spring Lunch.** An enjoyable occasion at the Cathedral Quarter Hotel was shared by forty members on St Georges Day. Sadly our luncheon was interrupted by a member having an angina attack. She was taken to the RDH by ambulance. Happily she recovered well and turned up at our coffee morning a few days later. Whilst there were a couple of exceptions, the event saw the usual happy members enjoy another social occasion with



excellent food (great value as well), good service and eventually - our tea/coffee. Michael thanked Barbara Rowe for organising the event (yet again) but he then broke with tradition by announcing that Les Tibbles was standing down from the committee after 13 years. During that time he has despatched over 1200 Newsletters but also provided valuable assistance and stability to the committee during that time. Thank you, Les.

**I've learned**.... that opportunities are never lost; someone will always take the ones you miss.

**With a very seductive voice** a wife asks her husband, "Would you like to see Twenty Pounds all crumpled up?" "Yes," says her husband, curiously. - She gives him a sexy little smile, unbuttons the top three buttons of her blouse and slowly reaches down in her cleavage created by a soft, silky push-up bra and pulls out a crumpled £ 20 note. He takes the crumpled note from her and smiles approvingly. "Now," she says, "would you like to see £ 50 all crumpled up?" "Yes!" he says with enthusiasm and she gives him another sexy little smile, pulls up her skirt and pulls a crumpled £50 note from a garter above her knee. He takes the crumpled note and starts breathing a little quicker with anticipation. "Now" she says, "Would you like to see £50,000 all crumpled up?" "YES," he croaks, barely able to speak for excitement. "Go look in the garage." (Many thanks to Per).

**Travel Insurance.** Marilyn Thompson writes "*I just obtained a 'fit to fly' certificate from my GP - so the begging letters will start soon! You asked about travel insurance- and I have just used "All Clear", which is designed for those with pre-existing medical conditions. I found it on the internet by "googling" the problem - but not sure how good it will be - I will let you have more details when I have them.*" Another member wrote, "*I promised to let you have my experience of obtaining Travel Insurance, not that I feel it will be much use to anyone else. I realise that covering two persons of 93 each taking a cocktail of tablets for some of Heart, Blood Pressure, Lung infection, Cholesterol, and more, is a tall order. For years we have had (jointly) one of those fancy bank accounts which throws in all sorts of services which you never use, like discounts on restaurants you wouldn't dream of going to, mobile phone insurance, car insurance (we've recently switched to a better rate), Payment Card Protection (no extra charge but I don't keep it up to date --- must do something about that!). It costs us £13 a month (£156 p.a.) but we stick with it because it also includes a Travel Insurance. This was initially free but became subject to an age supplement which has crept up from £50 to £110 and now, with our health situation, to £190 p.a. So, to all intents and purposes we are paying £266 for Travel in UK and Europe, but it does cover us both. I doubt if they would cover us for USA although that would not matter if we were travelling under our own steam; these things only arise when one books with a travel agent. I have to renew my cover annually and they did once suggest that I only renewed in years when we were likely to travel abroad. (It covers UK as well but the chances of needing more than the NHS provides are small). I have always renewed, however, since I have grave doubts as to whether I could now get cover even on these terms. My experience in asking for competitive quotes has not been a good one.*" How did you get on with your search for adequate and affordable travel insurance?

**7 a day?** You have probably seen publicity recently about diet recommendations from the government. We have been supposedly consuming 5 portions of fruit and vegetables per day. Many of us might not have reached that target – but that target was supposed to be a MINIMUM, you were always allowed to eat more. Now that minimum has been raised to 7 per day. How will you cope? The BHF Senior Dietitian Victoria Taylor said: "*This is another reminder that that eating fruit and vegetables is good for our heart health and an important part of a balanced diet. "Recommendations on fruit and vegetables vary from country to country and there is always debate about what the optimum amount should be. However, it shouldn't be forgotten that on average, we are still struggling to meet our existing target of five-a-day here in the UK. While you may not be getting your five-a-day there's no reason to give up and stop trying, as this study showed there were health benefits for every extra portion of fruit and veg people ate.*" Keep trying, it can only help.

**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.

**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**. Ted Evans reports, "*I'm back in to the swimming pool again with illnesses and injuries behind me, and the pool was quite busy yesterday with 16 in the water, very pleasing for Take Heart, I'm sure.*" 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. There is also a coffee/talking break afterwards, what could be better than a natter? See you all next week?

**Feedback.** The following is feedback from last month's Newsletter. Does this reflect your view or do you wish to say something different – "*Again a very interesting mail, love the jokes and find the news and pics good to read, I look forward to it each month/ both received the very interesting April newsletter/ Interesting as always. You are a very active group which is great/ Thank you for the newsletter for April, I have printed a couple of copies off as usual for CCU. Enjoyed reading the newsletter. Informative and easy to read. Keep the jokes coming/ Thanks once more for the entertaining Newsletter.*

*I must admit that I skipped the "Health Care Proposals" on my first quick read - thought it looked boring! Glad I went back to read thoroughly - very clever/Another good one. I hope you are still getting our Quarterly one/ As usual very informative and well written/ Received, read and enjoyed/ It is an excellent edition with a good blend of jokes and factual information as well as the Take Heart members news/ Just read the newsletter and I have enjoyed reading it especially the jokes/I enjoy reading the newsletter each month and I had to laugh after reading " A woman went through a red traffic light" I think the content you put into the newsletter is always very interesting and helpful hints so well done you/ Haven't been able to go swimming with Take Heart for absolutely ages. Until then the newsletter keeps me in touch/ Another cracker full of wit, interest and information. Always a pleasure to read/another super newsletter, full of interesting articles, and helpful bits and pieces". 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.*

**The April article about our Alvaston Park walk** received lots of comment this time. It seems we have many historians amongst our membership. Here is a sample, "*I can, however, comment on the wartime use of Alvaston Park. I am not sure about it having been a POW camp and would like to check this at the Local Services Library. I can affirm that it was a huge tented camp holding thousands at the time of the Dunkirk evacuation in late May / early June 1940. Hundreds of thousands of troops made that 'miracle' crossing of the Channel, most of them arriving at Dover where they were almost pushed into a fleet of railway trains and taken to a number of centres to be sorted --- reunited with their units or formed into new ones. One of these was at Alvaston Park and one of the units formed there was No. 6 Movement Control Group which was shipped off to Northern Ireland. This was just months before my own military service began but I joined that Group in 1953 when it formed part of the Army Emergency Reserve (allied to the Territorials) and was based in Scotland,*" writes Chris Scott. Gaynor Wright adds, "*I am glad you all enjoyed*

*Alvaston Park. I am a regular walker on the park and often stop off at the cafe, the toast and cakes are lovely, as is the hot chocolate. The park was long overdue a revamp and locals now have a great place to go as adults and children alike.” Bill Whittaker sends his comments, “just to inform you about Alvaston Park re the tortoise walk, the boats were operational on the lake until about 1957, the paddling pool was being used up until roughly the same time, I was using the tennis courts in the late 1960s ,there were both grass and hard courts, there was also a model yacht club operational until maybe the late 1950 s, the yachts being kept in a large wooden hut very near the bowling green just beyond the park keepers building. I was born and grew up in Burnaby Street very close to Alvaston Park, hope this information is of interest.”* Terrific stuff and thank you for taking the time to respond. Look out for the walks **before** they happen next time and write in – or better still – turn up for the walk and entertain us with your memories. Your contribution to our interest is most welcome.

**April Poser** – What colour is the purple finch? No correct answers were received and so this one rolls over.

**Red wine and chocolate.** We have reported in this Newsletter previously that there has been evidence to suggest both have some beneficial effect. That seemed to cheer many. The latest reports recently in national newspapers now say this is not the case. Very disappointing news for many of us but my personal research is ongoing and inconclusive, with more research planned. What about you?

**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 Heatherton Village** – by Dorothy Stevens. Heatherton Village is a modern housing development situated at the southern tip of Littleover. It was mostly built in the 1990s, and has had some famous football players make their homes there whilst involved with Derby County Football Club (Fabrizio Ravenelli 2001-2003, Paul Peschisolido and family 2004-2007, Giles Barnes 2005-2009). On April 26th the weather was dry and sunny with a cool breeze blowing, twelve walkers assembled at Hollybrook Way car park, the youngest being five years old. After leaving the car park we headed towards Hell Brook recreational path, after a short stroll along this attractive area listening to the bird song we came to a woodland area alongside the brook. We then walked on

past houses and came out by King George V playing field which Littleover Parish Council purchased and opened the park to mark the Silver Jubilee of King George V in 1935. Walking on, we had a fine view of South Derbyshire - right over to the Winhill Water tower in Burton upon Trent. Soon we crossed Moorway Lane and walked over to the Millennium Wood. This was planted in the year 2000 with one tree planted for each new born child in Derby. Up to 3000 trees were



planted and a register of names is kept in the Mayor's Parlour. Coming back to Moorway Lane we walked down the hill to the Heatherton New Pond formed in 1998. It is fed from a storm overload at Pastures hill via an overflow into the Southwest corner of the pond, and an outflow in the southwest corner into Hell Brook - which runs around the southern boundary of the site. The pond has been noted for its good bird life, the day we visited there were a variety of ducks on the water, Swans, Mallard's, Coots, Moorhens, Little



form into patties. Heat the grill to a high temperature, place patties onto foil and place under the grill. Cook for 5 – 10 minutes, turn once they are cooked to your liking. Serve immediately.

**I've learned....** That to ignore the facts does not change the facts.

### **Forthcoming programme.**

#### **May.**

Wednesday 14<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Wednesday 21<sup>st</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Saturday 24<sup>th</sup> Walking back to health - 🐢 Darley Park Tree Trail of 1.25 miles, meet at the car park off Darley Street, Little Chester, Derby DE22 1DX at 9.30 to walk at 10.00 AM.  
Tuesday 27<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.  
Wednesday 28<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

#### **June.**

Wednesday 4<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Saturday 7<sup>th</sup> Walking back to health – 🐢 & 🐢 Trent Lock & Attenborough walk of 9.5 & 4.5 miles, meet at Trent Lock inn car park, Trent Lane, Sawley, NG10 at 9.30 to walk at 10.00 AM.  
Monday 9<sup>th</sup> Richard Booth will negotiate “Around the coast of Britain” by motorcycle  
For our talk, with an illustrative slide show from 2.30 PM at the Friends Meeting House.  
Wednesday 11<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Tuesday 17<sup>th</sup> Lunch at The Bubble Inn, Derby Road, Stenson, Derby DE73 7HL at noon.  
Wednesday 18<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Saturday 21<sup>st</sup> Walking back to health - 🐢 Markeaton Circular walk of 3.75 miles, meet at Willowbrook, Markeaton Lane, Derby DE22 4NH at 9.30 to walk at 10.00 AM.  
Tuesday 24<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.  
Wednesday 25<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.  
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](mailto: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



