

# Take Heart

(Derby)

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

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



## Newsletter November, 2010.

**Opening.** The chair was taken by Michael Flude, who after his and Trisha's success with their first book sale, are holding another one on Thursday November 11th at the Royal Hospital, we hope that they will be able to repeat their success. (I know now that they did because I looked in on them on my way to an appointment) it was only 11:00 am but already the stall was a buzzing and now what Michael tells me that they made in excess of £241. Trisha and Michael must be congratulated on the amount of effort they put in to raising money for Take Heart (Derby)



Michael reminded us about the **Christmas luncheon on the 9th of December** at 12 noon and told us that there are only three places left, so if you would like to come but have not done anything about it, please get in touch with Joyce with your choices from the menu and cheque for £15 per person.

We were reminded that this was our last meeting at the Learning Centre in the Strand and that our meeting on **10th January** would be held at our new venue, **The Friends' Meeting House in St Helens Street**, commencing at 2:30pm. Do come along I am sure that you will find The Friends Meeting House much more suited to our needs. A location map and visiting instructions are attached separately for your information.

Again we were reminded of the British Heart Foundation's **Santa Fun Run** to be held on Sunday the **5th of December** in Darley Park. The run will start from the Boat House where Take Heart (Derby) will be holding a promotional stall. Do go along, even if you don't want to run, support for this stall would be much appreciated. If you are going to take part in the run (walk or stagger) you will not have to provide your own Santa outfit, one will be provided for you.

Apologies for absence were received from Rene Meakin, Joyce Cocking, Donna and Ian Knowles and Geoff Sykes.



**Monthly meeting.** After two lovely days at the weekend, Monday 8th November proved to be cold, wet and windy. Just the sort of day the hardy souls of TH (D) are accustomed to. Despite the weather there was a good turnout of members to hear a most interesting talk by Jill Weston who is the curator of Melbourne Hall.

Gill gave us a history lesson of Melbourne Hall. It is the home of Lord and Lady Ralph Kerr and was once the a home of the Victorian Prime Minister William Lamb, who as the 2nd Viscount Melbourne gave his name to the city of Melbourne in Australia. The original house at Melbourne was actually the vicarage and was built as a country seat for the Bishop of Carlisle, in whose bishopric Melbourne was then situated. Although the church was maintained, the Rectory fell into disrepair. In 1628, after the civil war, it was taken over by Sir John Coke (pronounced Cook). Since then, though the names have changed many times due to the hall being inherited by a female member of the family (who subsequently married and changed their names) the house still remains in the hands of the descendants of the original owner.

The house has undergone many changes and several extensions. The garden, for which the house is rightly famous, was originally designed in 1704 by Thomas Coke who, though on a much smaller scale, tried to copy the gardens at Versailles. It was at this time that Robert Bakewell was employed to build the wonderful wrought-iron arbour for which he was paid £120! Melbourne Hall is very much a family home with the present owner living there with his artist wife and six children. The house is only open to the public during the month of August, but the gardens are open throughout the spring and summer.

Marilyn is hoping to organise a visit for Take Heart members during next year. Having heard Gill Weston talk, I think most of us who were at the meeting are looking forward to the visit.

**Member news.** It is with great sadness that we announce the passing of Doreen Langham, wife of Jack. We send our best wishes to Jack and his family and our thoughts are with them all. On a more positive note, our membership has risen still further, we now have 92 members. We are joined by Brian McCarthy, Fredrick and Margaret Evens, Lynn Butler, and Anita Walker and her partner Ian. We trust they will enjoy their membership and that we will see them frequently at future events. We are all working hard to achieve our aim of a hundred members before Christmas. Perhaps you can help, do you know of anyone with heart problems who may like to join us?

**Healthy walks.** Take Heart (Derby) is planning a programme of walks led by Noel Clough (01332 727541) and David Rowe (01332 767368). They will be suited to the abilities of heart patients, and mainly easy walks on the flat. Some will link with our informal lunch meetings. Keep an eye on the Newsletter for dates and meeting places. The first walk is scheduled for Sunday 16 January, leaving Stenson Bubble at 10.00 AM. There a number of resting places on route and a pub at either end of the walk, so it is not too onerous. Bring your family and even the dog. We will probably need to walk off a bit of the festive season's excesses by then.

**Gardening.** Well, it's hardly gardening weather, the best we can do is sweep up leaves and tidy up the top growth from dead and dying perennial plants. Birds will be coming into gardens more as winter approaches, attracted by warmth and shelter. Red berried shrubs and uncut seed heads will encourage them. If you provide additional food such as a bird seed, peanuts or table scraps, many more birds will be attracted. Leave mature flowering ivy un-pruned as the berries are a valuable food source in late winter and early spring. Cut back if needed once the berries are finished.

Plant hardy, deciduous trees, shrubs, fruit trees and climbers while the soil is moist, but still relatively warm. Leave evergreens and slightly tender plants until spring. Check that plant supports are firmly fixed and that all ties are secure before the winter gales. Shorten taller shrubs that will be hard pruned in spring by about half to reduce wind rock. This includes roses, buddleia and lavatera. It is still not too late to plant spring flowering bulbs. Daffodils, which ideally should have been planted last month, may be little late in flowering, but tulips, for which November is the best month to plant, will do really well.

**Food and drink.** If you are tired of being told what to eat and drink, this could be your lucky day. Here are five foods that are in general labelled as being bad for you. We have unearthed some healthy aspects to them. Granted, they are not foods that you can feast on to your heart's content - but have as a part of a healthy balanced diet, the following foods are not as bad for you as you may think.

**Pizza** - - The base acts as a good source of carbohydrate. There is a healthy portion of vegetables and some protein in the topping and a sprinkling of cheese gives you fat. To make a homemade super healthy pizza opt for a wholemeal or wholegrain base, smear on a rich tomato sauce and then pile on the veggies and lean meat or seafood and finally top with a little low-fat mozzarella.

**Peanut butter** - - This is usually considered to have a very high fat content, but surprisingly (depending on the brand of course) a teaspoon of the whole nut variety comes in at just 30 calories. Research shows that eating peanuts or peanut butter can actually help your heart,

consumption has been associated with lower cholesterol, and lower triglycerides, all of which are associated with lower cardiovascular disease. Try a teaspoon of peanut butter smeared on a couple of oat-cakes for a satisfying snack which is less than 150 calories.

**Beer and Stout** - - Again research has suggested that a pint of beer could help protect against heart disease, maybe even better than a glass of red wine. It is all down to the presence of B6 which prevents the build-up in the body of a chemical called homocysteine, thought to be linked to the increase in the risk of heart disease. When it comes to stout, it seems that the slogan, "Guinness is good for you," has some truth in it. The good news is that these benefits seem to show that a pint of the black stuff is as efficient as an aspirin and--- is much tastier!

**Chocolate** - - Great news and just in time for Christmas. Granted, chocolate is not low in calories, nor in fat, so generally gets lumped with the "bad" food label. But dark bitter chocolate is very high in health promoting antioxidants which helped to mop up harmful free radicals which cause cell and DNA damage. If you are looking to shed a few pounds you can use dark chocolate as a way to curb any sweet cravings, just a by few squares will help to quell the cravings and it is it well worth the modest calorie and fat intake.

**Ice-cream** - - Ice-cream's first positive relates to its GI or Glycaemic index; as ice-cream is, in fact a low GI food. This means that it releases its sugars slowly and so can keep you feeling fuller for longer. For that reason you are less likely to binge after eating ice-cream. Obviously it's all about moderation and demolishing a whole tub at one sitting isn't going to be good for you, but if you are comparing desserts like-for-like, 75 grams of Ben and Jerry's Cookies and Cream ice-cream contains only 114 calories compared to a slice of cheesecake with 511 calories - and therefore is the better option. Secondly, ice-cream is made with milk which contains many essential nutrients and vitamins. Studies show a possible link between milk consumption and a lower the risk of arterial hypertension, coronary heart disease and colorectal cancer.

***So you can stop feeling guilty about having the odd treat!***

**BHF Fun Run 2010 - Darley Park, Derby.** Christmas is on the way and the BHF is asking people of all ages to sign up for the second BHF **Santa Fun Run** in Derby, to help raise vital funds for the nation's heart charity. Taking place on **Sunday 5th December** 2010, the Santa's will make a dash round Darley Park, in Darley Abbey, Derbyshire. Registration opens at **10am at Derby Rowing Club** and to get everyone in the mood there will be a mass warm up to follow. So look out your Santa costume, get yourself some sponsors and turn up in Darley Park for a run (or walk, or stagger) round the park. Take Heart (Derby) are taking a stand and Trisha requests assistance for a few hours at this event. Contact her on 01332 380219.

**Newsletter.** Some time ago many of you used to contribute articles for the Newsletter, accounts of a special holiday you had had or a particular experience that you would like to share with us, or a funny story that had made you laugh. Recently we only have a few people who send in contributions and it would be wonderful if more of you would participate in this. After all it is a newsletter that we hope will appeal to all our members and to have more input from some of you would be most welcome. Have you got a favourite recipe, a favourite tip or hint, a favourite joke that we could all share? Please do try to send a contribution to me at the address below. I would be most grateful, for sometimes I am struggling to find enough interesting material to put in the Newsletter for you to read.

**A note from the Chairman.** In 2011, I will be undertaking a series of presentations on behalf of Take Heart (Derby). I would be pleased to receive stories about your heart event and your feelings at that time. I would be interested to know how you found out about Take Heart (Derby) and what you like about it (or don't like). Your responses will be treated in the strictest confidence. I would also like you to contact me with your thoughts about the future of our group and the type of events you wish us to arrange. Please be reminded that your family are most welcome at any of our events and they would be received warmly.

**Birthdays and anniversaries in December.** Happy birthday wishes go to Cynthia Bland and Geoff Sykes. We hope they have a splendid day. (Question – Will they receive separate gifts for birthday and Christmas or will it be just one? Answers on a postcard to Michael).

## **For your diary.**

**November 30<sup>th</sup>.** Coffee-morning, Cathedral Coffee shop, Irongate. 10.30am – 11.30am

**December 9<sup>th</sup>.** Christmas lunch at Highfields Restaurant, Littleover Lodge, Rykneld Road, Derby at 12 noon. Contact Joyce on 01332 550283 urgently if you wish to attend.

**December 21<sup>st</sup>.** Festive Coffee morning at the Cathedral coffee-shop, Irongate 10.30 to 11.30.

Please note this is a change to normal – the coffee shop is closed on December 28<sup>th</sup>

Come and take the weight off your aching feet and legs before resuming your Christmas shopping.

## **Exercise classes.**

Derby Royal Hospital - Contact Christine Chambers on 01332 340131.

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 £1.75.

## **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](mailto:michael.flude@takeheartderby.co.uk)

Items for the newsletter should be sent to Pat Fitton on 01332 342544, 1, Princes Drive, Littleover, Derby or email [patfitton@aol.com](mailto: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