

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter November, 2011.

Monthly Meeting - Our meeting on Monday the 14th November was our best for a very long time with 40 members and one prospective member present. All the hard work that Michael and Trisha have put into the recruitment drive is certainly bearing fruit. It was a meeting up of two parts with two



speakers. The first, being of Mrs Jill Burrow who spoke on the History of Christmas Cards, and the second being Dr Julia Baron Take Heart (Derby's) President and a Cardiologist at the Royal Hospital. Mrs Burrow began by telling us that in 1840 a man called Henry Cole



became tired of writing numerous letters to his friends and acquaintances at Christmas and asked an artist friend to design a card for him. He had these cards printed, signed them and sent them out to his friends, many of whom were somewhat surprised to receive their first Christmas card. Mr. Cole was a wealthy businessman who helped to found the Royal College of Music and founded the Victoria and Albert Museum. He was a believer in the rights of women and began skills courses for them. In addition to this he

was the chief organiser of the Great Exhibition. His idea of sending cards was copied. The cards were not as we know them, just a single piece of card with a scene, still life or portrait painted on by an artist specially commissioned for job. At the beginning of the Edwardian era cards were folded and often decorated with flowers conveying a special message, Rosemary for Remembrance etc. It was not until the 1930s that religious and wintry scenes appeared on cards but many were quite humorous and some a little "risqué". Most of these have continued, but even today only 14 per cent of cards have a religious theme – robins and snow scenes being the most popular. It was a fascinating talk that ended far too soon, many of us would have liked to have heard more - but time ran out. Perhaps Mrs Burrows could make a return visit and tell us more about her cards.

CHRISTMAS CARDIOLOGIST. So the Christmas cards turned into the Christmas Cardiologist. It was good to welcome Dr Julia Baron, the Cardiology Consultant to the regular monthly meeting. Dr Baron was a fountain of heart knowledge and clarified and reassured many of us during the Q and A session. Overall she thought that survival rates after heart attacks had improved due to better diagnosis, care and medication. However the negative aspects of our modern lifestyle, such as smoking and obesity offered new risks and challenges. A number of members had questions about Warfarin, its effectiveness and side effects. New drugs were being developed such as Predaxa, which if approved by NICE, she felt could replace Warfarin for some patients. Dr Baron



also explained the electrical activity in the heart and how pacemakers function. Other people were interested in Atrial Fibrillation and the cardioversion procedure. A whole range of topics were covered expertly including: exercise limits, flu, ECG use and radiation worries applicable to angiograms. Michael rounded off the afternoon by asking about the locally funded 3D echocardiogram scanner which is in constant use at The Royal Hospital. A fascinating afternoon for everyone, especially for those of us with heart issues. Please return soon Dr Baron, we all need a regular dose of JB to inform and inspire us!

Our next meeting. Because it is Christmas, there is no meeting in December. You can look forward to receiving help and advice about first aid from our speakers at our January meeting to be held on 9th January at The Friends Meeting House. "Emergency Life Support" by the Derbyshire Save a Life Scheme and part sponsored by the BHF, it promises to be extremely helpful, be a life saver – not a spectator, so don't miss it.

Membership. Four new members since our last edition. Stan Smith and his wife joined and have attended the swimming session already. Robert Jones has joined, wishing to improve his fitness by joining our walks as well as attending the monthly meetings. We wish them well and look forward to seeing them at more of our gatherings. You are not compelled to attend all of our events, just have an interest in supporting heart health issues. Lets' keep the ball rolling and invite your family and friends to become supporters and also members of our group.

Anniversaries & Birthdays. It seems we missed Jack Langham's birthday in September, but his colleagues in Cardiac Rehab did not. Here you can see him with card and gifts presented to him on the occasion of his 90th. Well done Jack, we won't forget you next year now we know. Jack was thrilled to receive a framed copy of the photograph from Michael, which now has pride of place on Jack's sideboard. We also missed Rene Meakin's birthday on 21 April. She too, celebrated her 90th birthday, so another belated birthday wish goes to her. Rene is one of our most enthusiastic members but broke her hip earlier this year and has been unable to attend the meetings. However, she really enjoys reading the newsletters which enable her to keep in touch with Take Heart (Derby). **To make sure we do not miss your birthday get in touch with Michael or April.**



November see's Dorothy Thornhill, Josephine Fowler, Molly Illsley and Les Baynton celebrate their birthdays. Have a terrific day, with best wishes from all at Take Heart (Derby).

Statins. Most of us are familiar with statins, the cholesterol lowering drug. Many patients talk about reducing or eliminating them from their regular "pill" regime. Hold on a minute! Researchers are now claiming that statins can help to prevent the return of breast cancer. It seems cholesterol could be significant in the development of breast cancer. The pills cost around 40p per day and could be effective in resisting the return of breast cancer, according to a team of USA and Danish researchers from the Harvard Medical School in Boston. Around 19,000 women in Denmark were diagnosed with breast cancer between 1996 and 2003. So check with your GP before making any decisions.

Open wide, it's good for your heart. Visiting the dentist is not everyone's cup of tea. Researchers are now claiming that visiting the hygienist for a clean and polish at least once a year reduces the risk of a heart attack by as much as 25% (stroke is 13%). Scientists have known of the link between oral hygiene and heart problems. More than 100,000 adults were monitored over a seven year period in Taiwan and the evidence presented at the American Heart Association's conference in Florida. Over to you – be brave!

Get your flu jab booked at your doctor's surgery soon. You should also ensure that repeat prescriptions are ordered in good time in case you cannot get out of the house.

Technology. Last month saw the second email edition of the Newsletter. Twenty members received their copy, in full colour (eventually – Michael sent the wrong version out not once but twice, he was having a senior moment). Members were again delighted, with some of their responses as follows: *Great info - good to know lots of exciting heart repair ideas are being developed, Looking forward to the lunch on the 19th, What a large informative magazine this time but what happened to the colour???, Congratulations - third time lucky, Wonderful newsletter – really interesting, continues to be interesting and informative and is very much appreciated.* Thank you for your comments, they are much appreciated. We look forward to more responses.

Walking. This is an ideal way of improving your health. Feel the difference. It is free and safe. Choose your level from the two very different walks available to you. Walking can help you look and feel better, increase energy levels, improve sleep patterns, strengthen your heart and circulation, enjoy the environment, increase confidence and self-esteem, reduce stress, manage your weight, improve your body functions, make friends and experience social benefits. It's also much healthier than walking around the Westfield Centre. So what are you waiting for? See below for details of the next walk dates and locations! See you there.

Remembrance Walk. On a fresh Sunday morning at Foremark Reservoir, seven happy wanderers and two dogs, set off for their seven mile walk. Here you can see them before the walk. They stopped for a minutes silence at 11 o'clock in respect of those who



have given their lives in wars to protect the freedoms that we enjoy today. They all returned in good spirits. Michael nearly missed the walk because he turned up at next Saturday's venue (Staunton Harold Reservoir) instead, wondering where everyone was? A

phone call to David saw him "race" to Foremark in time to take this picture. At least he should be able to find the start of the next walk! Silly boy!

Did you take photographs during your recent walks? All walkers are requested to take their cameras on each and every walk and take shots. David Rowe, walk leader, would like to create a calendar for the year 2013. Sounds a long way off but we need to start now to capture the scenery from now until September next year. This will allow time for design, editing and printing of the calendar, to be available for sale in November 2012. We need your support, so start taking your photographs now and forward them to Michael for collating.

Additional Walk (repeated from last month). By popular demand, we have added a tortoise walk at Carsington Water on **Saturday 3rd December**. Meet at the Sheepwash car park (free parking) 9.45 to walk at 10.15 AM, walk to the visitor centre (calling at the observation points along the way), have a refreshing drink at the Visitor Centre and return to Sheepwash.

If you need help getting to the walks. Our walks take place in beautiful locations around Derbyshire. The start point can sometimes be difficult to achieve by public transport. Anyone wishing to attend a walk and is in need of transport should telephone David Rowe on 01332 767368.

From January, all walks will meet for registration at 9.30 and to walk at 10.00 AM

Santa Fun Run/Walk. The BHF Santa Fun Run/Walk will be held on Sunday 18th December. The start and finish is the Derby Rowing Club, off North Parade, Derby DE1 3AY. Parking is off City Road (the other side of the River Derwent, with a bridge across). Registration is 10.00, warm up at 10.30 and the 3 mile course sets off at 11.00 AM. Entry fee is £8.00 and includes a free Santa Suit and you receive a medal on completion. Children are encouraged to come in fancy dress and enter the "free" fancy dress competition (under 14's must be accompanied by a fee paying adult). Please get as much sponsorship as possible so that the BHF can continue their life-saving work. There will be carols sung by Sing 4 your Supper (Trisha Flude's group) during the registration period. Can't be bad, so get into a trim shape before indulging in excessive food and drink for the festive period ahead.

Another saving by the Royal Derby Hospital amounts to around £750,000 over a six month period. They have found that by reducing highly paid "agency staff" they can retain higher numbers of permanent staff. Great news indeed - I wonder why it took them so long to get to grips with this one?

Gardening. What a funny month! Last year at this time we were suffering snow and freezing temperatures. What a difference this year has brought - sunshine and warmth. I even have daffodils, only planted a few weeks ago, beginning to show through, at this rate they will be blooming by Christmas. All of this has not stopped the leaves from falling and sweeping them up is a full-time job. Don't put them into the bin but into black bags, dampen them, put a few holes in the bag and seal, then store in an unseen corner of the garden. Leave them for 12 months or so, by which time you should have lovely bags of black friable leaf mould, so good to mix with your compost in pots, tubs and baskets. Prune your roses, even though they may still be flowering, this will prevent them from rocking about in the cold winter winds, loosening the soil round the stems and allowing wet and frost to seep down towards the roots. Check any bulbs that you may have planted to bring indoors at Christmas time. They should have been kept in the dark and by now very small shoots should beginning to show. Keep them in a cool dark place until a couple of weeks before you want them to flower, then bring into the light and warmth of your home, give them some water and very soon all your efforts will be rewarded. Check your compost heap, if possible cover with a layer of soil, make sure it is damp then cover it with a piece of old carpet or a plastic bag, something that will help to keep it warm and will help the composting process to take place. There again, it will probably take about 12 months before really good compost has been made. Check your lawn, because of this warm weather it may need another mow before the end of the year. Make sure that you clean your mower before you put it away for the winter. I won't say "enjoy your gardening," because if you're anything like me you won't really enjoy it until the warmer weather returns in the spring.

Recipe - Christmas cake. Now is the time to get baking to give the cake time to mature before being eaten. This recipe was given to me by Marjorie Pate, I haven't had time to try it yet but it certainly sounds to be a cake with a difference.

Ingredients -

1 cup water,	1 cup sugar
4 large eggs	2cups of dried fruit
1 teaspoon salt	1 teaspoon baking powder.
1 bottle whisky.	1 cup brown sugar.
8oz nuts	Juice of 1 lemon

Method

Sample the whisky to check for quality. Take a large bowl. Check the whisky again to be sure it is of the highest quality, pour 1 level cup and drink. Repeat. Beat 1 cup of butter in a large bowl, add 1 teaspoon of sugar and beat again. Make sure the whisky is still ok. Cry another tup. Turn off the mixer, break two eggs and add to the bowl and throw in the dried fruit mix. Mix on the turner. If the dried fruit gets stuck in the beaters pry it loose with

a screwdriver. Sample whisky to check for consistency. Next sift two cups of salt. Or something. Who cares? Check the whisky. Now sift the lemon juice and strain your nuts. Add 1 tablespoon of sugar or something, whatever you can find. Grease the oven, turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out of the window, check the whisky and go to bed!

The secret is out! Many members who attend the monthly meeting have often commented about the biscuits Joyce bakes for each meeting. Here she shares the recipe for the **Cherry & Walnut cookies** from the last meeting, which disappeared very quickly.

4 oz. soft margarine	4 oz. caster sugar
5 oz. self-raising flour	1 oz. Chopped walnuts
1 oz. Glace` cherries (chopped)	½ tsp. Vanilla essence

Cream the margarine and sugar together.

Add remaining ingredients and mix well.

Place small amounts of the mixture, well apart on greased baking sheets.

Bake at reg. 4/325 degrees for about 15 minutes, until golden brown.

Remove from the baking sheets at once and cool on a rack.

So there you have it – enjoy.

Beware – watch what you buy for your wife.

A married man bought his son an iPad to celebrate his 16th birthday. Later that year he bought an iPhone for his daughter's 13th birthday. For Christmas he bought his wife an iRon. That's when the fight started. He is expected to be discharged from hospital sometime in the new year.

You have been warned.

Just for a laugh.

While Titian was mixing rose-madder
his model reclined on a ladder,
Her position to Titian suggested coition,
So he climbed up the ladder and hadder.

Take Heart (Derby) Sponsorship. John Dean, Chairman of Ashbourne Branch of BHF fund raising team was presented with a shield by Michael for being the highest individual fund raiser at a Swimming Gala. Held at the impressive Arc Leisure Centre in Matlock, several schools competed for a variety of trophies. The event raised almost £2400 which has been donated to the BHF Mending Broken Hearts Appeal. This Gala is set to become an annual event and will be held again on 22 October 2012. Please diary this and watch out for further details in your Newsletter nearer the time.



Forthcoming programme.

November.

Wednesday 23rd Private swimming group at the Queens Leisure Centre at 3.15 pm.

Saturday 26th. Walking back to health walk around Staunton Harold Reservoir. Meet at the visitor centre. 🐢

Tuesday 29th. Coffee Morning at Derby Cathedral Coffee Shop.

Wednesday 30th Private swimming group at the Queens Leisure Centre at 3.15 pm.

December.

Sunday 3rd. Walking back to health at Carsington Reservoir, meet at Sheepwash car park.

Sunday 11th. Walking back to health on the Morley Walk, meet at Morley Hayes Golf Club.

Tuesday 13th. Christmas Luncheon at Littleover Lodge, Rykneld Road, Littleover.

Tuesday 20th. Coffee Morning at Derby Cathedral Coffee Shop. **PLEASE NOTE THE CHANGE OF DATE – NO COFFEE MORNING ON 27 DECEMBER.**

Christmas Lunch. Joyce reports that all those who booked to go to the Christmas lunch have now paid. So 36 members will dine together this year. Will there be more next year?

Derby Christmas Lights. The festive season lights were switched on in the City Centre on Saturday 19 November. This year's event was marked with carols sung by "Sing For Your Supper" choir, a group to which Trisha Flude belongs. The event also starred Dale Divas, Pantomime stars from Dick Whittington (at the Assembly Rooms) with Gareth Gates switching on the lights.

Comment corner. I am delighted to receive further comments about your Newsletter. For those of you with family, please direct them to our web site www.takeheartderby.co.uk for them to see what you get up to. Let Michael know your views about other aspects we can bring to our group. He looks forward to hearing from you. Family can also benefit from having the Newsletter emailed to their inbox by signing up as a member of Take Heart (Derby). It is just £5.00 per address, great value (you could buy your family a gift subscription).

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers on 01332 785597 for phase 4 rehab only.

"Exercise for the Heart". Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

"Mobile Sports Therapy" with BACR instructor, contact Matt on 01332 832224 or 07714718910.

Note:- Mobile sports Therapy was formally known as Fit4You.

Swimming.

Every Wednesday afternoon between 3.15 and 4.00 PM, an exclusive swimming session for Take Heart (Derby) members only, at the Queens Leisure Centre. So come on down and enjoy a relaxing swim in the heated pool. The cost is £2.15 or £1.70 (for those with a "passport to swim"). Telephone for the pool is 01332 641444.

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 Pat Fitton on 01332 342544 or to 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.