

Take Heart

(Derby)

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

www.takeheartderby.co.uk



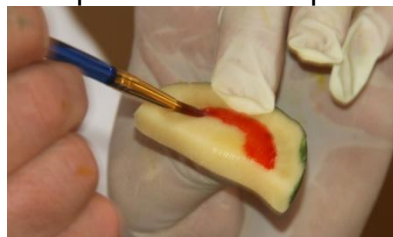
Newsletter October, 2011.

Monthly Meeting - Our October meeting took place at the Friends' Meeting House on Monday October the 10th with 20 members present. Sadly, I was unable and to attend this meeting but Marilyn very kindly wrote this report for us.

First up was a surprise speaker, organised by Michael. October is the BHF "free wills" service operated by a number of solicitors in Derby. Claire Rudkin of Flint Bishop spoke of the service they offer. There were plenty of questions from the members, some of which would need a private consultation. It seems not all of us have a will or others need a review to ensure it is still relevant to the laws of today. Flint Bishop are on 01332 226117. Other solicitors involved in this promotion are Moody and Woolley, Nelson's Solicitors and Timm's. If you wish to participate in this scheme call any of those solicitors by October 31st. Your appointment may be made for any date, but you must phone to book by then.



Then it was over John Beckerson to demonstrate his "marzipan fruit" skills. How a gentle Giant, such as John, could create such intricate work was a lesson we all learned. John is a butcher by trade, and yet he demonstrates his sugar craft art to groups and organisations all over the country. He has demonstrated at the County Show and at schools and W.I.'s. He is one of a very few male members of the Derby Sugarcraft Guild and is largely self-taught but his skills have been honed and developed over 30 years. John described how he took five kilo blocks of pure white marzipan to create realistic looking fruits. He



also gave us some of his trade secrets! Forming an orange, lemon, plum, banana, apricot, grapes, strawberry, pear and melon, John used food



colouring gel with a little drop of vodka to prevent the marzipan sticking. To round off a very creative demonstration, John used a walnut whip as the base for a sugar crafted Penguin. Good enough to eat! Look out for John doing his sugar craft demonstration in 'Bennett's of Iron Gate' this Christmas." Thank-you Marilyn.



Our next meeting will be on Monday 14th November. We will have two speakers on that day. Firstly, we will have a talk about the history of cards by Gill Burrow entitled "Greetings". This it will be followed by a Question and Answer session with our group's new president, Dr Julia Baron. Here you will have an opportunity to ask questions about Cardiology in Derby. We look forward to seeing you there.

Membership. There have been a number of new members over the past few weeks,

and we welcome Ian & Ann King, Brian & Pam Fearn, Maureen & Paul Mole, John & Margaret Storry and Louise & David Pearson. The latter three couples joining from the Cardiac Carers Forum held on 18th October. We look forward to seeing many of you at our forthcoming events. This brings our membership up to 130 (that is a 65% increase since May last year). Lets' keep the ball rolling and invite your family and friends to become supporters and members of our group.

Anniversaries. Birthday celebrations during November include Dorothy Thornhill, Josie Fowler and Les Baynton. We hope you all enjoy your day and have many more celebrations ahead of you.

We send hand-made cards to those celebrating birthdays (if we don't know yours you will not receive one). We received a thank you card from Vera Allsopp who says, "*Thank you very much for my lovely birthday card, I had a lovely day, 54 cards, I was 81 years. Gordon & I send you all our very best wishes, love from Vera.*" It is great to hear from you Vera, we are pleased you had a wonderful day and that so many of your friends and relatives remembered you too. Please pass our best wishes to Gordon.

It is that time of year again, winter! Remember to 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.* Thank you for your comments, they are much appreciated. We look forward to more responses.

Walking. The BHF Chatsworth Walk took place on the 25th of September, with several TH(D) members taking part. Who can you recognise in the photograph? More than 500 and walkers have shown their support for the British Heart Foundation. They completed routes, of four, seven or ten miles round the grounds of the Chatsworth Estate. Event organiser Sarah Kirkpatrick said it was hoped the event would raise £25,000 and thanked all who took part. Places are available on the High Peak Trail Winter Challenge Walk on Sunday November the 21st. Entry is £10 for adults and £5 for those aged 16 or under.



If you would like to take part, register online at www.bhf.org.uk/highpeak. Call 0800 085 22280 or e-mail northevents@bhf.org.uk

Next was the Darley Abbey walk which took place earlier this month on the 9th. On a very pleasant Sunday morning, six eager walkers set off and trekked their way through some glorious countryside, through Hermits Wood, pausing at the Cave and having a refreshment break before completing the 5 mile course.



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 September to August 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

Cardiac Rehabilitation Carers Forum. This took place in the Royal Derby Hospital Cardiac Rehabilitation Department on Tuesday 18th October. Around thirty people attended a splendidly organised function by the Cardiac Rehabilitation staff. There were demonstrations about CPR, dietary advice and of course, TH(D) represented by Chairman Michael Flude. The main event was a talk given by Tracey Ralph, which was well received and prompted lots of questions. This was a very successful event, which will be repeated periodically. You all missed this one so watch out for the next dates to be announced here as soon as they are agreed. Incidentally, six of our new members (mentioned above) joined during this event.

Take Heart Fun Evening. We held a fun evening on October 13th at the Honeycomb public house in Ladybank Road, Mickleover. David Rowe taught us to play dominos in a completely different way. He also brought along other pub games. The great news this evening was that two of the assembly joined our group during the evening.

Good news from the Royal Derby Hospital. Hospital waiting times have been slashed from four hours to 10 minutes after medical experts introduced a new method of seeing emergency patients. Changes were made at the Royal Derby Hospital to the Medical Assessment Unit, which makes initial examinations of people with urgent injuries. Under the old system patients would see a junior doctor first who would detail their medical history. Now, consultants see patients straight away and the results have led to much lower waiting times. Becky Sutton service manager at the Medical Assessment Unit, said the changes were made about 18 months ago. She said, "We took average waiting times in six months last year and compared them to this year and the average waiting time has dropped from four hours to just 10 minutes. We have also seen many more patients being sent home than before, in a quicker time. She said the savings had been made because consultants were able to assess what emergency patients needed much more quickly. She added, "We get through about 80 patients a day, previously each of those would see a junior doctor who would record their medical history and do basic observations. It might only be quite far down the line that it becomes clear that the patient is actually ready to be discharged. We now have a senior consultant as the first point of contact and the advantage is that the patient gets diagnosed more quickly. It is a case of a streamlining the whole process." Very good news for patients!

Another saving that the Royal Hospital has been involved in is the medication recycling project. This project saved Derby's hospitals £140,000 in the last year by recycling medicines. Derby hospital's director of nursing, Bridget Stacey said that the project has reduced waste by 27 per cent. The idea behind the project was to encourage nurses not have to throw away any medication not needed by patients. Pharmacy technicians then check the medication to ensure it is safe to recycle under strict criteria, for example, to make sure it has been stored correctly at the right temperature. How sensible! I am sure that you, like me, have got lots of pills and tablets, many in unopened packets, that you are no longer taking. We are told not to throw them away but to take them back to the chemist where they

will be "disposed of" what a waste when after careful checking they could be re-used.

AFTER THE FLOOD by Trisha Flude.

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.

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 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.

Gardening. Well, it has been a strange month in the garden hasn't it? Firstly we had better and hotter weather than in August, this was followed by wind and rain and now (today) it is sunny, windy and cold. What are the poor plants to make of this? And what are we poor gardens to do? If you are brave enough now is the time to try to rid the garden of weeds so that they do not lay dormant through the winter.

If blackspot has been a problem on your roses then spend a few minutes picking off all leaves showing any sign of diseases and collect all fallen leaves from the surrounding soil.

Blackspot is a fungal disease whose spores, drop to the ground and overwinter on the garden. By spreading a generous mulch of compost over the surrounding area you can prevent spores being splashed up on to new shoots next year to re-infect the new season's growth.

Don't leave borders bare once summer bedding has been stripped away. Replant with wallflowers, forget-me-nots and other early bedding which will flower from late winter and through to May. For even greater impact in April and May inter-plant with taller growing tulips. They will surge up between the wallflowers, creating a two-tier display, boosting seasonal spring colour.

With little care, tomatoes can keep cropping until the end of October. Remove a lower leaves up to the lowest fruit trusses to improve the air circulation and reduce humidity.

Water sparingly to ensure compost doesn't get too cold but make sure it does not dry out

or fruits will split when watering resumes. If you happen to be left with green tomatoes you can store them. They needed to be kept some where dark but airy. If it you store them with some ripe fruit or a banana skin these will produce ethanol, which will help the tomatoes to ripen. You can of course make chutneys and pickles with them to eat throughout the winter. It isn't too late to plant bulbs. Daffodils like to be in by the end of October but tulips can be planted right up to beginning of December.

Happy gardening! (But wrap up warmly!)

Recipe. The plums are ripening just now and there is a limit to the amount of pies, jams, and desserts that you can make, but I did think that this **Plum Batter Pudding** from the British Heart Foundation Collection sounded particularly appetising.

55 g plain wholemeal flour

25 g caster sugar.

Half a teaspoon ground cinnamon.

1 egg.

125ml (4fl oz) semi skimmed milk

1 1/2 teaspoons of sunflower oil.

Between 4 and 6 ripe, sweet, red dessert plums, according to size, (about 300 g unprepared weight), halved and stoned.

Icing sugar for dusting (optional).

Preheat oven to 220 degrees, fan 200, gas7

Combine flour, caster sugar, and cinnamon in a bowl.

Make a well in centre of flour mixture, break in the egg and add a little milk. Beat thoroughly with a wooden spoon. Gradually beat in remaining milk drawing flour from the sides to make a smooth batter. Pour oil into a shallow, 18 centimetres (seven inches) square none- stick cake tin and heat in the oven for 2-3 minutes until hot. Quickly and carefully place plum halves cut side down over the base of the tin (hot oil may spit so be careful) pour batter evenly over fruit. Bake for about 25 minutes or until pudding is cooked, risen and nicely browned. Dust with sifted icing sugar, if desired. Cut into portions and remove from tin.

A few word definitions!

Adult. A person who has stopped growing at both ends and is now growing in the middle.

Beauty parlour. A place where women can curl up and dye.

Chickens. The only animals you can eat before they are born and after they are dead.

Toothache. A pain that drives you to extraction.

Tomorrow. One of the greatest labour-saving devices of today.

The secret of success.

A couple who had been married for 53 Years were asked by a friend to reveal the secret of their happy union and why nobody had ever seen them exchange a cross word.


"It's a question of education," began the wife.

"I'm not sure I understand," said the friend.

"Let me explain," continued the wife. "At college, Peter did a communications course and I studied drama. So he communicates really well and I act like I'm listening."

Forthcoming programme.

October.

Saturday 22nd. Our Tortoise  walk today in our "Walking back to health" series is the Tissington Trail, meeting at the Old Railway Station car park.

Tuesday 25th. Coffee morning at Derby Cathedral coffee-shop 10:30 am to 11:30am.

Wednesday 26th Private swimming group at the Queens Leisure Centre at 3.15 pm.

November.

Wednesday 2nd Private swimming group at the Queens Leisure Centre at 3.15 pm.

Wednesday 9th Private swimming group at the Queens Leisure Centre at 3.15 pm.


Sunday 13th. Walking back to health at Foremark Reservoir, meeting in the car park.

Monday 14th. Monthly meeting with Gill Barrow on "Greetings! The History of Christmas Cards". An opportunity to purchase hand-made cards for the festive season.

Plus a question and answer session with Julia Baron, Cardiologist & President of Take Heart (Derby).

Wednesday 16th Private swimming group at the Queens Leisure Centre at 3.15 pm.

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.

Christmas Lunch - notice for your diary - our Christmas Lunch will be held on **Tuesday December 13th** at the Littleover Lodge Hotel, Rykneld Road, Derby. The list is now fully subscribed and Joyce is looking for payment in the next few weeks. Cheques to be made payable to Take Heart (Derby) and sent to J. Cocking, 6 Lockwood Avenue, Allestree, Derby DE22 2JD.

Derby Christmas Lights. The festive season lights will be switched on in the City Centre on Saturday 19 November. This year's event will be marked with carols sung by "Sing For Your Supper" choir, a group to which Trisha belongs. The event starts at around 4.00 PM. Come along and join the fun (but wrap up well).

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.

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers on 01332 785597 for phase 4 rehab only. "Mobile Sports Therapy" with BACR instructor, contact Matt on 01332 832224 or 07714718910. "Exercise for the Heart". Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

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 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 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.