

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter October, 2013.

There are more members responding to this Newsletter than previously, which is terrific. Please continue to take part.



Derby
Heart City

Love our city ♥ Love your heart

November speaker. A report by Pat Fitton. Nostalgia, nostalgia, nostalgia! Memories, memories, memories! What a feast we had when Ian Hingley came to speak at our monthly meeting. He called his talk "Bring Your Memories Along," - and we did! Some of us remembered days in the thirties, before the war. The freedom that we as children then enjoyed, playing out, being free to go playing with our friends and usually only going home at meal times. We were always hungry and always active, no one worried about childhood obesity then. There were no televisions, phones or computers to keep us sedentary, isolated and indoors. We remembered making dens, go-karts out of old prams, tree houses and rafts. We played in the streets, no cars to mow us down, football, cricket, marbles, whip and top, bowling hoops and skipping and many more. We had tumbles and spills, it was all a part of growing up. We remembered the war - rationing, dried and preserved eggs, dig for victory and grow your own. No oranges, bananas or exotic fruit and vegetables, little meat was available but we were healthy and there were very few sweets to rot our teeth. And so it went on, remembering charabancs, trolley buses, trams and steam trains. Annual holidays at the seaside, no packages abroad in those days, but we remembered being happy and contented. The reminiscing went on long after Mr Hingley had finished speaking and continued whilst we were enjoying our tea and biscuits. Thank you Mr Hingley for a "memorable" afternoon.



Next month's meeting. Wendy Pickering is known to many of us. She put us through our paces at Cardiac Rehabilitation at either the old Derbyshire Royal Infirmary on London Road, or more recently at the Cardiac Rehabilitation Department at The Royal Derby Hospital. Wendy was educated in Derby and attended Ecclesbourne School, Duffield- the class of 1986. She now lives in Nottingham with husband Ian. They have a daughter Amy and a son Josh. Wendy started her training in 1988 and qualified in 1991. She worked in Coronary Care and was seconded to Rehab in 1994. She comments on the many changes over the years: when Wendy was training - if you had a heart attack you would be in hospital for 7 days, but now you are out in two! Those of us who attended the "Educational" talks at Cardiac Rehab may already have heard Wendy talk about "Feelings". She considers the feelings and emotions of patients, family and carers, and respects the feelings of everyone involved. You may also remember her sense of humour and her cheerful approach? I am sure she will be bringing them with her on Monday 11th November at 2.30 p.m. at The Friends Meeting House. Not to be missed!

I dialled a number and got the following recording: "I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the 'BLEEP'. If I do not return your call, you are one of the changes".

Coffee in a Cube! Ah the coffee morning has come around again. Another opportunity to do that thing we so enjoy – talking. We also met new members Brian and Pat (although we do not seem to be able to find their registration details). We also welcomed back some of those who have been missing for a few months. Team Trisha discussed having a coffee morning/afternoon tea event prior to Christmas (but more of that when we have details).



Member news. Since the last Newsletter was published, we have learnt that several members have been ill. Betty Hassell has returned to her home following several weeks in hospital, Cyril & Dorothy Thornhill have both been unwell, as has Noreen Shepherdson and Majid Quadri. We wish you all a speedy recovery. If you are unwell and not mentioned here, we apologise but we were not advised of your difficulty.

New members. This month we welcome Wayne & Sallyann Johnson, Keith & Enid Howard, David Earp, Graham & Norma Bracewell and Terance & Jean Arnot to our group and wish them well and hope they enjoy as many of our events as possible.

Birthdays. Birthday wishes in October go to Dorothy Lorking, Shane Thow, Lorraine Dudsbury, Elizabeth Hillis, Michael Walker, Derek Stean, Mary Hill, Ann & Majid Quadri and Margaret Smith. Gwen Williams celebrated her 90th birthday with family and friends from America and France as well as those more locally at The Polish Club on 19 October. Cynthia and Trisha present flowers from TH(D). Gwen requested that she should not receive gifts but money should be donated to MacMillan Cancer Relief and TH(D). Thanks Gwen. Happy birthday to you all. We continue to receive thanks from those who have received birthday cards made by April Howe. If I have missed you, then please contact me with you details.



A new blood test could improve heart attack diagnosis in women. We reported upon this item last month. Our President, Dr Julia Baron sent this message to us, “*We already have blood tests very sensitive to troponin T blood tests that we use to exclude heart attacks in Derby. In patients at low risk of a heart attack, and with a normal ECG, a heart attack can be safely excluded within 3 hours. Copeptin (combined with a troponin test) may enable us to exclude a heart attack even sooner than that. In the published study, using the copeptin test was not shown to be significantly safer than Troponin alone, so further work may be needed. Also, there has been some research suggesting that a single high sensitivity Troponin T blood test on admission to A+E may be enough to safely exclude a heart attack, so copeptin may not add much. Our bigger problem is that many patients have raised troponins for reasons other than heart attacks, which can cause confusion with the diagnosis and unnecessary admissions.*” I hope that make sense to you. It seems the cardiology department are ahead of the game, which is very reassuring.

Flu jab time. Have you had yours yet? If not, then do not delay any longer. Contact your GP today.

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**. Those who turn up, say how good the exercise is and how they feel better for having made the effort. See you all next week?

September lunch. A report from Dennis Pollard. By nature of the size of our group we spilled over several tables in the restaurant area. One member at our six-seat table, was a regular visitor and commented that the 'Great Northern' had undergone considerable



changes over the years. The present ownership has done a great job in promoting the 'Boutique feel' with loads of eye-catching decorative touches which vie with each other for attention, yet at the same time the sense of homeliness has not been sacrificed and is enhanced by the friendliness of the staff. In fact I was very impressed by the lady in charge who gave us the opportunity to delay serving our meals until we had all arrived, seated, and ordered. The menu offered a very wide choice of dining and prices. I was very pleased to see that there was a 'mini' style choice available

for those with appetites to match. The food was served with friendly efficiency and tasted very good, with just one of the 16 meals being a little disappointing. Nevertheless, there was lots of talking yet again and everyone departed on a happy note. Indeed, the report of the meal prompted three others to attend The Great Northern a few days later. They too, were impressed. Thank you to whoever recommended this eatery for us to visit.

How to have a healthy heart. One of the best ways to help prevent and treat coronary heart disease is to adopt a healthy lifestyle. Some of the ways to reduce the risk are by: losing weight, becoming physically active, having a healthy diet, reducing alcohol intake, stopping smoking, reducing salt and caffeine intake. Type 2 diabetes, high blood pressure and high cholesterol levels can all be helped by switching to a healthier lifestyle. It would be easier to achieve everything if you tackled just one aspect at a time. Join us on our walks or at the weekly swimming sessions. Good luck.

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. There was a delay this month in the "postal" edition, which would not occur if on email. Sign up your family as members and get them to print off your copy in full colour. Geoff Sykes has belatedly joined the internet happy family at the tender age of xx years. So, if he can do it so can many others – give it a try but do not become a slave to it like me.

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. I hope your jar is brimming with cash. Please bring them to our coffee morning on 26 November or contact Michael

That's when the fight started. My wife and I were sitting at a table at her high school reunion, and she kept staring at a drunken man swigging his drink as he sat alone at a nearby table. Every time he looked up from his glass, she turned her head away. Curious, I asked her, "Do you know him?" "Yes" she answered, "He's my old boy-friend ... I understand he took to drink right after we split up those many years ago, and I hear he hasn't been sober since." I said, "Who would think a person could go on celebrating that long?" And then the fight started.

Talking Walking. On the road to a longer life. It is healthier to walk, so see you all soon. Bring your family and friends to enjoy a great social occasion and join in fun which is good for all of us and get great exercise in beautiful Derbyshire countryside.

Hare & Tortoise combination walks. Tony Jackson sends this report - on Saturday 12th October thirteen intrepid walkers (7 hare's and 6 tortoises) set off at 10am in very wet



conditions from the car park at the west end of Youlgreave walking back through the village to the church. Here we turned south off the main road and walked down the hill to the bridge over the river Bradford stopping on the bridge for Dave to take a photo of the group. At this point the two groups split up with the tortoises going along the river side and the hares trekking off in a south-easterly



upward direction along the Limestone Way. As we reached the top of Harthill Moor, Dave pointed out a stone circle by Harthill Moor Farm but as this was private property we couldn't go to see the stones. Above us ahead on the right we could see the twin rock towers of Robin Hood's Stride just protruding above the trees. As we passed this rocky outcrop this was the highest point of this part of the walk and we then made our way downhill passed the Hermit's Cave. At this point one of the group

took a slight detour the other side of the hedgerow and reappeared holding a giant mushroom (a Parasol Mushroom which I have only seen once before down in the south of Cornwall) – Dave took another photo. The downward path took us to the B5056 and from here we started a steady progressive rise across fields and along lanes in a generally north-easterly direction coming out at the pub in Birchover where both chimneys were billowing smoke. Continuing upward via the lane opposite the pub we walked over a host of chestnut casings and acorn cups – signs that the local squirrels, jays etc. were harvesting these nuts for their winter stores – eventually arriving, a little breathless, at a car park where we stopped for lunch. Needless to say it was still raining. After this well-earned break we went along the road for about half a mile turning through a gateway onto a track, protected from vehicular traffic by a huge slab of rock, and up onto Stanton Moor. Across the moor this path passed alarmingly close to the top edges of several small quarries and not the route to be following in fog unless you knew it very well. On the other side of the moor we came to the Nine Ladies Stone Circle complete with a couple of “druids” sheltering under nearby trees with a makeshift plastic lean-to and some adjacent oak trees festooned with garlands, ribbons and other offerings. We walked on across the rest of the moor and then started the downward trek through Stanton-in-Peak village towards the river Bradford in the valley below. As we passed the gateway to Stanton Hall estate Dave, Kevin and I disturbed some deer which had been foraging on the lush grass just inside the gate. Unfortunately these very wet and clearly highly strung deer bolted before the other members of the group reached the gate. Once we reached the bottom of the valley we walked back alongside the river through Alport and Bradford and a few hundred yards after having crossed the bridge where Dave had taken the first photo we climbed a steep path back up into Youlgreave. We arrived back at the cars around 2.15pm and it was still raining. Many thanks to David for this very interesting and enjoyable walk.

Tortoise walking. Last month we asked if you could name the two people in the photograph who are seldom, if ever, photographed. There was one correct answer, well done Barbara – it was Michael and Mr Chris (he is the one who always hides). Chris Wright sends this report - The tortoise walk for this month began with 11 Take Heart walkers meeting in drizzle at the library car park in Spondon. This was slightly longer at 4 miles than the average tortoise walk but was a pleasant stroll through the residential area followed by well-trodden paths across the fields to Ockbrook. This was accompanied by the nearby hum of the A52 and the sight of the ripe berries in the hedgerows. The group took time to inspect the architecture of the 350 year old Moravian settlement including Ockbrook School and the Moravian church. Unfortunately time did not permit a visit to this walker's favourite watering hole (the even more ancient Royal Oak), probably a good thing after his visit to several of Derby's best real ale houses the previous evening, but our return to Spondon gave plenty of time for a well-earned cuppa for those in need of refreshment. What a lovely way to pass some time away in the company of friends we have just met.



If you need help getting to the walks, please telephone David Rowe on 01332 767368 or 07890 645645.

Fun, fun and fund raising cash for two great institutions. On 22 September nearly 100 people attended The Viceroy, Indian Restaurant in Duffield to enjoy each other's company and to raise funds for the BHF & TH(D). Team Trisha (Barbara, Pam & Lyn) planned the event, in conjunction with Sophie Jardine. A superb meal (with plenty of drinks) were enjoyed by all. Then auctioneer Richard Beevers proceeded to sell a vast range of gifts kindly donated by organisations and individuals. Such was the success of the event that £1,900 was raised and shared between the two groups. Terrific effort by Team Trisha and thanks go to contributors, attendees and the staff at The Viceroy. Seen in the photograph are some of those enjoying the meal but the number does not relate to their age!



It did not stop there. David "Sherpa" Rowe had earlier walked a ten mile course around Carsington Water. He started early so that he could attend the banquet, what a player! Those attending the Banquet rallied round and donated a further £51, which David has handed to the Cardiac Charity at the Royal Derby Hospital. Thank you David and to everyone for their generosity.

It did not stop there. We have received a cheque for £676 from the Enfield Players, an amateur dramatic group based at Enfield United Reform Church, Mackworth. We were nominated by Jacquie Saunders (daughter of members John & Brenda Twells) for whom we extend our grateful thanks. Money is raised from raffles and performances at the church, the next of which will be presented in January 2014.

Carers Forum. Held on 15 October 2013 in the Cardiac Rehabilitation on Level 0 of the Royal Derby Hospital, this year's event was attended by more than 50 patients and carers. TH(D) were represented with a display table along with Welfare Rights, Be-Active, Cardiac Rehab staff and volunteers, pharmacists, dietitians and several other advisory groups, plus resuscitation demonstrations. The event followed the same format as in previous years, with the highlight being the question and answer session where Dr Gopal Dubey responded to visitor enquiries in a simple but factual manner. The audience appreciated his honesty as he fielded questions about medication, side effects, atrial fibrillation, myocardial infarction and exercise. There was a lengthy discussion about cholesterol levels and the use of cholesterol lowering drugs. Target level is around 4, with overall level below 3, which may be an opportunity to discuss lower dosage of medication with your GP - we need cholesterol for healthy living, so get levels checked frequently via your GP before making any adjustments to medication. Another great forum, which everyone appreciated. Thanks to our colleagues in Cardiac Rehabilitation for holding such an event.



Features – a poem written by the late Pam Clough (with apologies to Pam Ayres).

In a moment of rare relaxation
 While having my Monday night's tea,
 I saw a unique operation
 Being performed on screen – B.B.C.
 A gentleman who shall remain
 nameless,
 By means of a needle and thread
 And a technique that he claims is
 painless,
 Took the lines from a lady's
 forehead.

To my room then, I hastily scurried,
 And my mirror it told me no lies,
 "Yes, you do look perpetually
 worried,
 And those are crow's feet round
 your eyes!"
 Down the years then my thoughts
 quickly wandered
 To the days when those wrinkles
 were few.

'Get rid of those age lines?' I
 pondered,
 I could just afford it, I knew.

But – a face quite devoid of
 expression
 That seemed never to have laughed
 or cried?
 Are our moments of joy and
 depression
 Experiences we ought to hide?
 My mood of despondency vanishes
 And with my self-pitying whines
 Those frown lines had sped away –
 banished,
 The crow's feet became laughter
 lines.

So, ladies be proud of your wrinkles,
 Don't let them stitch fibres in you.
 Remember, those creases and
 crinkles
 In your character just creeping
 through!

Gardening. A report from Pat Fitton. It's tidy up time - and so little time in which to do it with the onset of colder, shorter and damper days. Remove summer bedding, chop up and add to the compost heap. Do the same with any tomato plants – greenhouse or outdoor grown, courgette, aubergine and cucumber plants. Empty the grow bags, if you have been using them, on to the garden where the compost will

act as a mulch to protect your plants through the winter and ultimately help to improve the soil. Empty bedding containers and window boxes and again put any old compost on to the garden or add it as a layer to your compost heap to help the composting process. Remove as many perennial weeds as is possible and rake over the surface of the soil. Now comes the more pleasurable part - replanting. Bring some autumn/winter colour into the garden with pansies, cyclamen and primulas and spring interest by planting bulbs - daffodils, hyacinths, fritillary and grape hyacinth with tulips next month. Plant wallflowers for intensive spring colour and scent. A lot to do? Well - do what you can whilst you can - and look forward!

Change of venue for lunch. We are changing the venue of our lunch in November. We will be attending The Lawns, High Street, Chellaston. Change your diary NOW!!

August poser. In which month do Russians celebrate the October Revolution? The answer was "November". The first correct answer came from Sue Robinson (again).

October poser. From which animal do we get cat gut?

Life explained.

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this I will give you a life span of twenty years." The dog said, "That's a long time to be barking. How about only ten years and I will give you back the other ten?" So, God agreed. On the second day, God created the monkey and said, "Entertain people, do tricks and make them laugh. For this I will give you a twenty-year life span." The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten years like the dog did?" And God agreed. On the third day, God created the cow and said, "You must go into the field with the farmer all day and suffer under the sun, have calves and give milk to support the farmer's family. For this I will give you a life span of sixty years." The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty years and I will give you back the other forty?" And God agreed. On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy life. For this, I will give you twenty years." But the human said, "Only twenty years? Could you possibly give me my twenty years, the forty the cow gave back, the ten the monkey gave back and the ten the dog gave back – that makes eighty, OK?" "Okay," said God. "You asked for it!" So that is why for our first twenty years we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain our grandchildren. And for the last ten years, we sit around on the front doorstep and bark at everyone. That's life!

The Great British Bake Off. The series is now over but a few weeks ago, Mary Berry was astonished when a contestant included hemp flour in a recipe. She wondered if it would give her a 'high'. Unfortunately the contestant did not get a high mark. To check out the use of hemp flour, the BHF gave me this response – *"Hemp flour is milled from hemp seeds growing on cannabis plants. It is safe – and legal – as it's derived from a variety of cannabis that doesn't contain the psychoactive ingredient THC. It is gluten free flour, with a nutritional profile quite different to wheat flour – higher in fat, protein and fibre. The fat is predominately healthy unsaturated fat, particularly the essential polyunsaturated fatty acid, omega-6. It contains a small amount of omega-3 fatty acids. These types of fat are good for the heart. It is a great source of plant protein and contains twice as much protein as wheat flour. It has a very good amino acid profile, close to "complete" when compared to more common sources of proteins such as meat, milk and eggs. This means contains all 21 known amino acids, including the 9 essential adult bodies cannot produce.*

Plant sources of protein generally lack some of the essential amino acids. As it is gluten free it doesn't rise and cannot be used a direct substitute for flour in baking recipes. You need to use it with other flours, so it can be a healthy addition to baking. Other forms of edible hemp include seeds, milk, protein powder, oil and seed butter." A legal high but alas they do not have any recipes to pass on. How about you?

YOUR story of heart illness & Recovery. Michael would like to hear your story and how you overcame your heart difficulties and what you enjoy about Take Heart (Derby). Write to him at Willowbrook or via email. A few have been submitted for which Michael is very grateful. Help by passing your story to Michael.

Christmas Luncheon. Contact Barbara Rowe on 01332 767368 with your menu choices and book your place for Littleover Lodge, Rykneld Road, Littleover, Derby DE23 4AN on 11 December at noon.

Forthcoming programme.

October.

- Wednesday 23rd Swimming at the Queens Leisure Centre.
Saturday 26th Walking back to health - 🐢 Darley Abbey walk of 2.25 miles. Meet at Old Chester Road car park.
Tuesday 29th Coffee morning at The Cube café/bar.
Wednesday 30th Swimming at the Queens Leisure Centre.

November.

- Wednesday 6th Swimming at the Queens Leisure Centre.
Saturday 9th Walking back to health - 🐢 & 🐢 Little Eaton/Darley Park walk of 7.5 or 3 miles. Meet at the car park near Darley Street, Darley Abbey.
Monday 11th Wendy Pickering, Cardiac Nurse will discuss "Feelings" with us.
Wednesday 13th Swimming at the Queens Leisure Centre.
Tuesday 19th Lunch at The Lawns, High Street, Chellaston DE73 6TB at 12 noon.
Wednesday 20th Swimming at the Queens Leisure Centre.
Saturday 23rd Walking back to health - 🐢 Swarkestone walk of 4 miles. Meet at the Community Centre, Barley Croft, Chellaston.
Tuesday 26th Coffee morning at The Cube café/bar.
Wednesday 27th Swimming at the Queens Leisure Centre.

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.

Affiliated to the British Heart Foundation