

# Take Heart

(Derby)

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



Registered Charity No 1163703

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

## Newsletter April, 2016.

### ♥ **March coffee morning.**

The Easter break was in full swing, with schools having a two-week holiday and consequently vast numbers of the UK were away from home.

Nevertheless, 32 members turned up at the end of March for our regular monthly coffee morning. Jean was moving from table to table taking bookings for our summer afternoon tea/coffee event (see details later in this Newsletter). We welcomed back some members we had not seen for a while, and it was great to see you all.



♥ **Can you save 10p per week until February 2017?** If each household were to save 10p per week, then we could see £624.00 raised over a full year for our 2017 Jam Jar Challenge. Amazing and easy! Please help if you can?



♥ **Feedback.** The following is feedback from last month's Newsletter, "*I enjoyed the newsletter - informative and funny as usual/Avidly read as usual: interesting and very useful as always/Many thanks for the newsletter,I must take a bottle of wine with me next time I go to the supermarket or they may not let me have any more/Some of the jokes are getting a bit long winded and taking up a lot of space. There are lots more subtle, short and clever ones/Thanks for another lovely newsletter. I find it has a good balance of all elements required in a newsletter/Not sure why the item of what was discussed at the committee meeting was listed as there was then no indication of the outcomes, so it was meaningless/Received and enjoyed, as usual/As usual, a good read with a nice mix of information and light hearted comments. Thanks for your efforts, I'm sure that all members appreciate what you do on our behalf even if they may not always be able to express that appreciation*". Contact Michael with your views!

♥ **Attention swimmers!** It's even worse than they thought! There is an ongoing problem with the roof above the family pool. There is no clear idea of when the pool will be back in use but in the meantime I urge you to keep swimming as it is a great cardiovascular exercise and is good fun too. It is every Wednesday at 3.15 PM.

**The 60th High School Reunion...** He was a widower and she a widow. They had known each other for a number of years, having been high school classmates and having attended class reunions in the past, without fail. This 60th anniversary of their class, the widower and the widow made a foursome with two other singles. They had a wonderful evening, their spirits high, with the widower throwing admiring glances across the table . . . and the widow smiling coyly back at him. Finally during one dance, he picked up courage to ask her, "Will you marry me?" After about 6 seconds of careful consideration, she answered, "Yes...yes I will!" Needless to say, the evening ended on a happy note for the widower. However, the next morning he was troubled. Did she say 'Yes' or did she say, 'No'? He couldn't remember. Try as he might, he just could not recall. He went over and over the conversation of the previous evening, but his mind was blank. He remembered asking the question, but for the life of him could not recall her response. With fear and trepidation, he picked up the phone and called her. First, he explained that he couldn't remember as well as he used to. Then he reviewed the past evening. As he gained a little more courage, he then inquired of her, "When I asked if you would marry me, did you say Yes, or did you say No?" "Why you silly man," she replied, "I said Yes. Yes I will! And I meant it with all my heart!" The widower was delighted. He felt his heart skip a beat. Then she continued, "And I'm so glad you called, because I couldn't remember who asked me!"

**Excuse me Madam!** Members were entertained by our talk called "Excuse me Madam" given by Richard Papworth. Richard told us that he was born in Great Stukeley in 1935. He started his working life as a Police Cadet and was then conscripted into the Royal Military Police. After being demobbed, Richard went into the civilian Police Force and served with both City and County forces. He left the Police to become a store detective and later joined the Prison Service, remaining until retirement when he had reached the position of Unit Line Manager. He launched into a series of anecdotes about the criminal minds and the strategies used to steal goods from shops, it was hilarious Richard told us that on his first day as a store detective he arrived at the Lewis's Department Store in Birmingham, only to see a scruffy old man wearing an old raincoat with snuff stains down the front. He thought he looked quite suspicious so continued to watch him until this man walked up to him and asked Richard who he was. Richard said I am starting work here today as a store detective, whereupon the man said 'Welcome, I am your boss and this is the floor I cover'. Richard told us that one day he saw a very smart looking man folding up ties and placing them into container. He pressed the button for his boss to come, when he arrived he took Richard over and introduced him to the Lewis's manager who was packing the ties to prepare for a meeting with some buyers in the afternoon. Richard went on to tell us that some ladies steal silly little things which they can well afford to buy. He said there are 3 rules for a store detective, the first being "don't jump to conclusions," the second being "choose your words very carefully," and the third "don't always believe what you see." He told us that on one occasion a woman came into the store with an old woman in a wheelchair with a blanket over her knee. As he watched he noticed a hand come out from under the blanket



taking things as they went around the store. He followed them outside but when he approached them the old woman suddenly jumped up and ran down the street followed closely by the woman who had been pushing her. It had been a couple with the husband sitting in the wheelchair with a wig on. On another occasion he told us how a man had arrived with paperwork in his hand stating that he had come to collect certain goods. The supervisor said unfortunately the manager is not here at the moment so I cannot give them to you, whereupon the man sat down and said he would wait. After a while the supervisor felt that she should take the responsibility and told him that he could go ahead and take what he had come for. Unfortunately, it was the wrong decision as the visitor managed to walk out the store with £10,000 worth of goods, a good day for this thief. Richard told us that there was a famous shoplifter in Birmingham called Ronald Victor Baram. One day he had come into the Lewis store walked around and eventually picked up a book and proceeded to flick through the pages. He then put it down and walked away only to come back again a few minutes later and do the same thing. He did this twice more before eventually leaving the store. Some years later Richard was to meet up with Ronald again in his work as a prison officer. Richard said he asked him if he remembered that day and if so why did he keep looking at the book and then leave.

Ronald replied, well whilst you were watching me my wife was on the next floor stealing as many things as she could. Richard said that after he left the prison service his wife asked him what he was going to do and suggested he write a book about his life and experiences, which he has done but he said it had taken him about 10 years. He went on to tell us that after





his beloved wife had died he needed something to keep him going and decided to write a book a tribute to a lurcher dog. He has now written six books with the seventh coming out at Christmas, with all proceeds going to the Rainbows Hospice, and to date he has made £10,000 for them. What a barrel full of laughs we had with Richard Papworth. Those who attended went home "in stitches" whilst those who missed it – well more's the pity.


♥ **Next month.** Our speaker for May is Judy Richter, who was a senior aircraft cabin crew member for over 25 years on commercial and private jets. She worked in aviation management and training in the UK and the USA, lecturing in aviation studies. She later started her own First Aid training business after a spell with St John Ambulance. Based on her own life experiences, Judy recounts anecdotes of flights and passengers offering a mini view of the history of aviation and how it has changed. Find out what really goes on at a mile high! Another very promising talk – don't miss it.


♥ **Joe says to Paddy:** "Close your curtains the next time you're having sex with your wife. The whole street was watching and laughing at you yesterday." Paddy says: "Well the joke is on them because I wasn't even at home yesterday!"





 **Summer afternoon cream tea.** What a treat is in store for all this summer. A cream tea, consisting of fruit scone, jam, clotted cream with tea or coffee. Looks very tasty indeed and at £2.50 per member, non-members £4.50 (normal price £4.95) it looks even tastier. The venue this year is the Royal Crown Derby tea room's, Osmaston Road, Derby DE23 8JZ, a change from our previously advertised event and will take place on Tuesday, 14 June at 2.30 PM. **Booking is essential** via Margaret Storry on 01332 766916. It is indoors this year as last year the weather put people off turning out on the day despite booking a place.


 **New members.** This month we extend a very warm welcome to Ivy & Philip Johnson and John Boutcher. We hope to see you frequently at our forthcoming events.

 **I was checking out** at my local supermarket with just a few items and the lady behind me put her things on the belt close to mine. I picked up one of those dividers that they keep by the cash register and placed it between our things so they wouldn't get mixed up. After the girl had scanned all of my items, she picked up the divider, looking it all over for the bar code so she could scan it. Not finding the bar code, she said to me, 'Do you know how much this is?' I said to her 'I've changed my mind; I don't think I'll buy that today.' She said 'OK,' and I paid her for the things and left. She had no clue to what had just happened. (But the lady behind me had a big smirk on her face as I left).

 **Member news.** We have recently learned from Kay Grant that Dorothy Lorking "*is not too bad although she is suffering with her arthritis and has now developed a thyroid problem but she's getting the help she needs to try and get this under control. She's very frail now which is a little worrying, at least she has no stairs at home so takes the stress off a bit.*" Elsewhere Margaret Storry finally had her knee replaced and is up and about again. Trisha Flude has had her plaster cast renewed, Angela Neil has had further surgery to her hand and Reh Qureshi has been experiencing a few pains here and there. Jean Moseley has now had her operation at Nottingham City Hospital and is doing very well. If you know anyone who is unwell, then please let Michael know. We wish all who are ill a speedy relief to all your sufferings.

 **Photography needed for 2017 Calendar.** The annual calendar has become an established and welcome part of the member benefits. Forward your photography each month, capturing the seasonal weather effect in addition to the countryside, buildings, street scenes etc. and create a truly member oriented calendar for 2017. So start sending in your shots NOW. Send your submissions to Michael via email to [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk). If you don't have email then phone Michael to arrange for him to copy your photo from your camera.

 **New committee members/s.** Do you think you could add something to the running of our group? Would you like to add your name to those standing for re-election at our AGM in July? Contact Michael for an informal chat.  
(note – the definition of COMMITTEE - A body that keeps minutes but wastes hours).

 **Use services wisely.** 999 should only be used for genuine emergencies (head injuries, heart attack, broken bones etc.) Next source of contact is telephone 111 in case of high temperature, vomiting and ear pain. Your GP is the first point of contact for health problems but a pharmacy can be of help to assist with diarrhoea, cough cold or headache. Minor grazes, sore throat and hangovers are a matter for self-care.

**The Irish** have solved their own fuel problems. They imported 50million tonnes of sand from the Arabs and they're going to drill for their own oil.

**Birthdays.** Birthday wishes this month go to David Lloyd, Lyn Calladine, Joyce Cocking, Anne Cogley, Barbara Cooper, Philip Fitzpatric, Richard Flatman, Trisha Flude, Doug Glenday, Michael Hill, April Howe, Ken Illsley, Ian King, Doug Leach, Barbara Polhill, Philip Robinson, John Ruddle, Gerry Scott, Lorna Skidmore and Derek Smith. A very happy birthday to you all. Sadly April will end her card making days for us at the end of this month. She has been making them for many years and has received regular thanks for the quality of the cards from the very grateful recipients. Thanks April and have a great retirement – what will you do with all this free time? If I have missed you, please contact me with your details.

**Spring luncheon.** A return to the Engine Shed restaurant at the Roundhouse, saw 35 members enjoy a terrific meal and great service. It was a few years since we last dined here but we made a great choice for our 2016 Spring Lunch. The choice for the menu were a little different on this occasion but the quality and taste of each dish was fabulous. Plates returned to the kitchen almost reusable without the need to wash them, such was the relish with which our members enjoyed their meal. The waiters and waitresses were friendly and efficient. The staff were all very patient with us, despite the fact we changed to table layouts several times just before sitting down. The Engine Shed staff were extremely accommodating.



Some comments from those attending, “*Thought I would just offer my comments about this year's subject event. What a splendid choice of venue and the service and quality of the cuisine was exemplary. For me, the 'Round House' brought back some fond memories of my 6 years spent at the locomotive works 1948-54. The B.R. training school where I started my apprenticeship was close by and I did have occasion to visit the 'Engine shed' where minor repairs and adjustments were carried out on locos in service. A cousin of mine used to operate the milling and radial drilling machines there and myself with brother Bernard would 'pop in' sometimes on our way from having taken lunch in the canteen*”

📌 **Which of the following names are you familiar with?** 1. Monica Lewinski. 2. Bill Clinton. 3. Hilary Clinton. 4. Adolph Hitler. 5. Jorge Bergoglio. 6. Winnie Mandela. 7. Vladimir Putin. 8. Linda Lovelace. 9. Saddam Hussein. 10. Tiger Woods. So - You had trouble with No 5? You know all the criminals, murderers, thieves, sluts and cheaters, but you don't know the Pope??

📌 **Uplift your spirits.** Singing is well known to be a cheerful pastime. Would you be interested in joining with other members of TH(D) and lighten your mood – please contact Trisha Flude on 01332 380219 for an informal chat.

📌 **We have agreed** to part purchase a Sara Steady standing transfer and toilet aid for ward 408. The piece of equipment will assist nurses to help patients rise from a seated position to standing without excessive strain. Patients who are due for a return home will find it useful to get themselves up and down by themselves. Just what hard working nurses need, a bit of help.



📌 **News from BHF.** New heart attack genes discovered. Scientists have discovered two new genes which are associated with a person's risk of coronary heart disease in an international collaboration involving BHF and NIHR-funded researchers. The findings could lead to new statin-like treatments to prevent heart attacks. The researchers looked at the DNA of more than 190,000 people. This included those collected part of the [BHF Family Heart Study](#), which was led by [BHF Sir Professor Nilesh Samani](#) and retired BHF Professor Stephen Ball between 2000 and 2005. The researchers found that changes in the DNA which altered a gene called ANGPTL4 were associated with a reduced risk of [coronary heart disease \(CHD\)](#), while errors in the SVEP1 gene were linked to an increased risk of CHD. CHD is responsible for nearly 70,000 deaths every year, making it the UK's single biggest killer. Most deaths from CHD are caused by a [heart attack](#). Dr Shannon Amoils, our Senior Research Advisor said: "The findings prove alterations in ANGPTL4 are directly linked with reduced levels of triglyceride, as well as a reduced risk of CHD. This adds to the body of evidence linking triglycerides with CHD." BHF Professor Sir Nilesh Samani (pictured), from the University of Leicester, added: "Going forward we hope that we will be able to use this new information to develop new therapies to reduce a person's likelihood of developing coronary heart disease and, ultimately, of having a heart attack." Source: [https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/march/new-heart-attack-genes-discovered?utm\\_medium=email&utm\\_campaign=1199365\\_Volunteer%20enews%20APR&utm\\_source=dotmailer&dm\\_i=2FKD,PPFP,4EC1GB,1PQ7A,1](https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/march/new-heart-attack-genes-discovered?utm_medium=email&utm_campaign=1199365_Volunteer%20enews%20APR&utm_source=dotmailer&dm_i=2FKD,PPFP,4EC1GB,1PQ7A,1)

📌 **The British penny.** Keeping you updated! European Union Directive – No. 456179/16. In order to bring about further integration with the Single European Currency, the Euro; all citizens of the United Kingdom must be made aware that the phrase “spending a penny” is not to be used after the 31 March 2016. From 1<sup>st</sup> April the correct term will be “Euronating”. It is hoped that this will be a great relief to everyone. If you have any questions, please give me a tinkle!!!



**Tortoise walks.** On Saturday 15th April ten members met at Swarkestone Garden Centre for a mile and half stroll. Heading out of the garden centre along the lane, where we took the towpath of the Trent and Mersey Canal. Arriving at Swarkestone Lock we paused to watch a narrow boat negotiate the lock. Alongside the lock stands the restored toll house and crane, reminders of a bygone age.



A few yards down the canal can be viewed what is left of the Derby Canal, just a few feet of water now owned by the Burton Boat Club, but once a very busy water route into the heart of Derby. Turning right we made our way along Pingle Lane and crossed the A514. Walking down Church Lane, to the left we noticed the 17th century Grade 1 listed building of The Pavilion. This originally stood in the grounds of Swarkestone Hall which was pulled down in the

18th century. In 1985 The Pavilion was bought by the Landmark Trust and after refurbishment is now available as a holiday let. The 12th century church is dedicated to St James. Graham pointed out the Reading Room; this Grade 2 listed building is now a private cottage. Turning right we then walked a short distance along the River Trent which after the recent rain was a little higher than usual. We took in the fine view of Swarkestone Bridge and its three quarter mile causeway. This 13th century structure was built by the two Bellamont sisters after their fiancés died whilst trying to ford the river. This listed ancient monument now has a 7.5 tonne weight limit but still the walls are often damaged. It was here that Bonnie Prince Charlie decided to return with his army to Scotland after a meeting at Exeter House in Derby. Being careful crossing the A514 again and walking to the left of the Crewe and Harpur public house, we entered Woodshop Lane past some lovely cottages and returned to the starting point. Then we all went for well earned refreshment in the restaurant. Luckily the weather stayed fine for us.

**The next stroll** is in Allestree Park on Thursday 19th May at 11am. Bus 10.35am Sixes route from Derby Bus station to Allestree Park. Then walk up the lane to the car park, - an upward slope on this road. More details from Dorothy 01332 556782 e-mail [dorothy.stevens@ntlworld.com](mailto:dorothy.stevens@ntlworld.com) or Graham 01332 704195.

**Future walks are as follows:**

Wednesday 15<sup>th</sup> June in Findern, a walk of 2.2 miles, meet at All Saints Church, The Green, Findern, Derby DE65 6AA.

Saturday 23<sup>rd</sup> July walk at Elvaston Castle park of 2 miles, meet in car park, Borrowash Road, Elvaston, Derby DE72 3EP.

Thursday 18<sup>th</sup> August. Darley Park walk of 2 miles, meet at Deans Field car park, off Darley Street, Darley Abbey, Derby DE22 1DX.

Saturday 17<sup>th</sup> September. Melbourne walk of 1.6 miles, meet at Castle Square car park, Castle Street, Melbourne, Derby DE73 8DY.

Monday 17<sup>th</sup> October. Alvaston walk of 2 ¾ miles, meet at St Michaels & All Angels Church, Church Street, Alvaston, Derby DE24 0PR.

A Take Heart (Derby) member gave us an idea for a short walk, on the outskirts of Derby. Thank you, we will put this in as walk for next year. If any members have ideas for short walks in or around Derby please let us know.

 **Recognise any of these?** Why elderly people are so happy! Yippee, I woke up.

2. When I get older, I'm going to move in with my children, hog the computer, eat all the food, pay no bills, trash the house and when asked to clean it up – have fits of hysterical laughter. 3. Of course I talk to myself, occasionally I need expert advice. 4. Aging seems to be the only way to live a longer life. 5. When I die, I want my last words to be "I left £1,000,000 under the ... 6. I really think that all that tossing and turning at night should be considered as exercise. 7. I have reached the stage where my train of thought leaves the station without me. 8. Madonna is 55, her boyfriend is 22; Tina Turner is 75 her boyfriend is 40; J. Lo is 42 her boyfriend is 26; Maria Carey is 44 her husband is 32; Don't worry, ladies – your boyfriend has not been born yet! 9. I have a brain like the bermuda triangle, every thing goes in never to be found again. 10. Enjoy life – it has an expiration date.

 **Forthcoming programme.**


#### **April.**

Tuesday 26<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.  
Wednesday 27<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

 **May.**

Wednesday 4<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Monday 9<sup>th</sup> Airline cabin stewardess, Judy Richter will inform us of "Cabin Crew Daze".

Wednesday 11<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Tuesday 17<sup>th</sup> Lunch at The Blue Jay, Commercial Park, Raynesway, Derby DE21 7BH at 12 noon.

Wednesday 18<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM  
Thursday 19<sup>th</sup> Walking back to health -  - Allestree Park walk of 1 ½ miles, meet at car park off Duffield Road, Allestree, Derby DE22 2EU. Note change of date.

Wednesday 25<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.  
Tuesday 31<sup>st</sup> Coffee morning at The Cube café/bar from 10.30 AM.

 **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.

Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285  
Seated exercise classes at URC, Becketwell Lane, Derby. Tel Gwen on 01283 701284

 **Contacts.**

If members have a problem and would like to talk to someone in private, please telephone any committee member. BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health. Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 01332 380219, email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk). or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Items for the newsletter should be sent to Michael, information about publications to be sent to Marilyn on 01332 558756 and lunch venues to Pam on 01332 606563.



