

Take Heart

(Derby)


Registered Charity No 1163703

www.takeheartderby.co.uk

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




Newsletter February, 2016.

 **Lunch at the Great Northern.** Four first time visitors helped to make up our total of 18 members at the Great Northern in January. This is a return visit for TH(D) and it



proved a good choice once again. There is no need to book for these monthly gatherings but if you have not been before, then you are missing out on a special social occasion. I bet you had lunch that day wherever you were and you could have done it amongst friends. Next month we are off to The Kings Highway on Kingsway, where there is a very special price for a senior carvery, so see you there.

 **Phenomenal two letter word.** I never knew one word in English language that can be a noun, a verb, an adjective, an adverb and a preposition. UP. It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election (if there is a tie, it is a toss UP) and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car. At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing but to be dressed UP is special. And this UP is confusing: A drain must be opened UP because it is blocked UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with (UP to) a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, it soaks UP the earth. When it does not rain for a while, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . My time is UP! Oh. . . One more thing: What is the first thing you do in the morning and the last thing you do at night? U P! Did that one crack you UP? Don't screw UP. Send this on to everyone you look UP in your address book . . . Or not . . . it's UP to you. Now I'll shut UP!

♥ **Atrial fibrillation stronger risk factor for women than men.** Researchers at the University of Oxford have published new findings that an irregular heartbeat is a stronger risk factor for heart disease in women than it is in men. The research, which was published in the British Medical Journal, involved looking at studies conducted on more than 4 million patients and found that women with atrial fibrillation (AF), a common and often symptomless irregularity of the heart rhythm, are more likely to suffer future heart attacks and strokes than men. While the reasons for this are not clear, the study draws attention to the fact that heart disease is common in women and that AF is an early warning signal of an unhealthy heart. The BHF have invested substantially in AF research and have campaigned hard to raise awareness of the risks of heart disease in women. BHF Senior Cardiac Nurse, June Davison, said: "It's well established that atrial fibrillation, or AF, is associated with an increased risk of stroke and death in men and women. This research identifies that this risk is greater in women than in men. However the reasons for this are unclear. Currently AF is often undiagnosed and undertreated in both women and men. This study suggests greater attention should be given to the identification of AF in women. It's important that healthcare services for the prevention and treatment of AF take into account the different effects of gender on the condition. More research is needed to find out more about the underlying causes of these differences and the BHF is currently funding millions of pounds worth of research into better understanding and treating AF." Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/january/atrial-fibrillation-stronger-risk-factor-for-women-than-men>.

♥ **January coffee.** Our first coffee morning of the year saw 39 members attending and



renewing friendships, signing up for the spring lunch, having a stab at the BHF quiz and paying their annual subs. What a busy morning and we welcomed a new member Maggie Wallis. It was nice to see Margaret Harrison, who you may remember caused quite a stir by falling at our Christmas coffee morning and ending up in A & E. She does not look any the worse

for her experience and wishes to thank all those who sent good wishes to her over the festive period.

Jam Jar Challenge for February 2016. Here it is. We have been saving our change in jam jars since last February last year and now comes the moment of truth. How much will we raise this year? The BHF benefit from this donation and last year we contributed £460.00 to aid their research programme. If each home saved just 50p per month, that would be a fantastic £720 for the year. If you could manage to save a little more, you can see the difference it will make. It seems so easy if we all pull together, please help if you can?



♥ **Peregrines in Paradise** was the title of this month's talk. Andrew Hutton writes, "*I just thought I would let you know how much I enjoyed today's meeting. A wonderful, entertaining and informative speaker. A friendly and inclusive group of members.*" Glad



you enjoyed this as did the other attendees. Shame many of you are missing such grand entertainment. See you next month? Members were treated to a wonderful talk by Nick Brown who is the lead volunteer for the Derby Cathedral Peregrine watch. He told us that he became a member of the Derbyshire Wildlife Trust in the late 70's and now works a few hours each week for them. Nick said that the Peregrine Falcons can be seen high up on the eastern side of the

tower and are often seen from the Cathedral Green, perched on one of the three carved stone animals just below the top. The Falcons use these Grotesques throughout the year as feeding or look out points. As they are a bird of prey they only eat the birds that they catch in flight and can travel at 200 miles an hour when they swoop down to catch their prey. Peregrines can be found in the cliffs on the coast of Anglesey and on the moors and in quarries. Nick told us that in the 50s and 60s the number of birds dropped over a period of 10 years, this being due to the DDT chemical's used for spraying by the farmers. Although Peregrine's are a protected bird they are still killed by pigeon keepers who set spring traps for them and game keepers who kill them in the grouse shooting season. Members were told that although the Peregrine's came each year and sat of the ledge of the Cathedral tower it wasn't until 2006 when two men who are part of the mountain rescue team abseiled down the tower and fixed a box onto the ledge that the Peregrine's could use for nesting. As the Falcon's don't gather sticks to make a nest the box was filled with gravel. Since then the Falcons have come back every year and have raised 4 chicks each year. We were shown videos of the Peregrine's that were taken by the cameras that had been set up around the nest. They don't have to drink any water getting enough fluid from the meat they eat. Nick also told us that since the Peregrines have been nesting there have been two occasions when one of the chicks have tried to fly but ended up on the ground around the Cathedral, luckily both survived and Nick was able to pick them up and carry them back up to the top of the Cathedral. At the end of the talk Nick invited members to ask questions about his work with the peregrines and that they could follow them on www.derby.gov.uk/peregrines.

♥ **Next month.** Our speaker for March (Monday 14th at 2.30 PM) is actor and storyteller Patrick Ashcroft. He will be dressed in authentic period costume as a gamekeeper from days gone by. Known as "Billy", he will tell tales about the history of Calke Abbey and its occupants – the Hapur-Crewe family. Sir Vauncey features very strongly, as the architect of bankruptcy in the late 19th and early 20th century. What a pity our history teachers did not dress up and portray our history lessons in such an imaginative way (I might have paid more attention at the time). Please pay attention this time as questions may be asked! Don't miss another interesting afternoon.

♥ **A note to all mother-in-law's!** Do not preach to me about how to bring up my children. I am living with one of yours and there is a lot of improvement still needed.

♥ **New members.** This month we extend a very warm welcome to Maggie Wallis, John & Mary Bucknall and Valerie Bray and we hope to see you all frequently at our forthcoming events.

♥ **Attention swimmers!** It seems the staff at Queens Leisure Centre swimming pool omitted TH(D) from the list of swimmers for the Gala pool recently. We do have a regular booking and so please do not be deterred. There is an ongoing problem with the roof above the family pool which unfortunately will not be complete until June (ish). I apologise on behalf of Derby City Council for the inconvenience but urge you to keep swimming as it is a great cardiovascular exercise and is good fun too.

♥ On a bright and sunny day 12 members attended The Kings Highway to celebrate the BHF “Wear it Beat it” campaign, although some forgot to wear red (at least as outer clothing). The food was good and with the deals available, it made for a great value gathering. These informal lunches are a great way of meeting other members and learning new things from others. We all must do lunch anyway so it makes sense to share it with friends. See you at the Jonty Farmer next month (see forthcoming programme notes at the end of this Newsletter).



♥ **Member news.** We have recently learned that Trisha Flude spent some time in RDH following a further heart event, where she was on the same ward as Nora Evans (who is recovering) and Peter Polhill who is set for a lengthy stay. Michelle Hallam has, like many of us, had some sort of “bug” but we are all improving. One member called out her doctor for a home visit (does anyone know what a home visit is?). The doctor talked to her for a few minutes and said, “Drop in to the surgery in a couple of weeks when you are better!!!” Elaine McCulloch is recovering from a recent ablation. Even Michael Flude has not been spared this month and spent several days in bed trying to overcome some horrible bug. The drop-in centre nurse diagnosed cellulitis, from which he is still struggling to cope with – but that is men for you – very weak and has needed additional antibiotics. Margaret Storry is still waiting to go into the RDH for her knee operation. One member we shall not see again is Elsie Doxey, who sadly passed away on 14 February. Her funeral will be at Markeaton Crematorium on 26 February at 2.00 PM. We send love and best wishes to her family at this very sad time. 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 welcomed 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. If you don't have email then phone Michael to arrange for him to copy your photo from your camera.

♥ **Unofficial statistics** show that men between 60 and 80 years of age, will, on average, have sex two or three times per week, (and a small number a lot more), whereas Japanese men, in exactly the same age group, will have sex only once or twice per year if they are lucky. This has come as very upsetting news to both me and most of my mates, as none of us had any idea we were Japanese.

🧡 **My mother taught me** to appreciate a job well done. If you're going to kill each other, do it outside. I have just finished cleaning."

Use services wisely. 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes - visit to a Walk-in-Centre, but remember telephone 111. If your GP is available then contact them about high temperature, vomiting and ear pain. Pharmacies are available to assist with diarrhoea, cough, cold or headache. Minor grazes, sore throat and hangovers are a matter for self-care.

🧡 **BHF funded research.** Recent media stories have reported concerns over the battery life of implantable heart monitors and the need for this to be improved to benefit heart patients. The BMJ reports that over half of patients with pacemakers and Implantable Cardioverter Defibrillator's (ICD) will need new batteries, but there are no incentives to develop longer life devices. The BHF



Medical Director, Professor Peter Weissberg, comments: *"One of the greatest concerns for patients with pacemakers or ICDs is the life of the battery. Pacemaker technology has improved hugely since BHF funded researchers first pioneered the implantable pacemaker decades ago. The devices are now smaller and more sophisticated than ever before. However patients would have every right to feel let down if manufacturers were not applying the latest battery technology to minimise the need for repeated replacements. This is an issue that regulators should look at carefully."* If you have any concerns about your pacemaker or ICD the BHF would encourage you to speak to your GP. Otherwise please contact the BHF heart helpline to speak to one of the nurses on 0300 330 3311. Source of information <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/february/pacemakers-in-the-news>.

🧡 **The changing of values over the passing of time!** An elderly lady was standing at the railing of the cruise ship holding her hat tight so that it would not blow away in the wind. A gentleman approached her and said: "Pardon me, madam. I do not intend to be forward but did you know that your dress is blowing up in this high wind?" "Yes, I know," said the lady. "I need both my hands to hold onto this hat." "But madam, you must know that you are not wearing any panties and your privates are exposed!" said the gentleman in earnest. The woman looked down, then back up at the man and replied, "Sir, anything you see down there is 75 years old and I bought this hat yesterday".

🧡 **Feedback.** The following is feedback from last month's Newsletter, *"Thank you for the newsletter - I'm definitely going to try the red pepper soup/Can I take the opportunity to say goodbye and good luck as I will be retiring next week. My post is not being filled, as times move on in Stroke world. Your newsletters have always been of interest to me personally(as I lost both my partner 2 years ago and my mother more recently to heart disease) and a resource for my work/Just confirming that we have received your e-mail and the volunteers are enjoying reading the newsletter/Many thanks for the newsletter, liked the joke about the golf kart/Thanks for another lively newsletter"*. Contact Michael with your views!

An Australian walked into a bar, brandishing a gun. "I have a Colt .45 gun with an eight shot magazine" he yelled. "I want to know who has been sleeping with my wife?" A voice from the back of the bar replied, "You don't have enough ammo!"

Birthdays. Birthday wishes this month go to Muriel Bartrum, Norma Bracewell, Lyn Butler, Ruben Dudsbury, Annabelle Evans, John Heath, Ann Hughes, Donna Knowles, Paul Riley, Eve Riley, Barbara Rowe, Christine Smith, Dorothy Stevens, Joyce Taylor, Les Tibbles and John Twells. A very happy birthday to you all. We continue to receive wonderful comments from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

Father O'Malley rose from his bed one morning. It was a fine spring day in his new parish. He walked to the window of his bedroom to get a deep breath of the beautiful day outside. He then noticed there was . . . a donkey lying dead in the middle of his front lawn. He promptly called the local police station. The conversation went like this: "Good morning. This is Sergeant Jones. How might I help you?" "And the best of the day te yerself. This is Father O'Malley at St. Ann's Catholic Church. There's a donkey lying dead in me front lawn and would ye be so kind as to send a couple o'yer lads to take care of the matter?" Sergeant Jones, considering himself to be quite a wit and recognizing the Irish accent, thought he would have a little fun with the good father, replied, "Well now Father, it was always my impression that you people took care of the last rites!" There was dead silence on the line for a moment . . . Father O'Malley then replied: "Aye,' tis certainly true; but we are also obliged to notify the next of kin first, which is the reason for me call."

Calling all singers – would you be interested in singing with other members of TH(D) – please contact Trisha Flude on 01332 380219 for an informal chat.

Spring luncheon. Our spring lunch this year is to take place on Thursday 14 April at noon. We will be attending the Engine shed restaurant at the Roundhouse, a very popular venue with an great reputation. Booking is essential for this event via Margaret Storry on 01332 766916. Take up has been good but there are a number of places still available at this very reasonably priced event. So it is not too late to confirm your booking. Make that call today.



Baked Apple with Ginger & orange.

2 cooking apples

55 grams dates finely chopped

25 grams buttery spread

¼ tsp ground ginger


30 grams fresh root ginger finely chopped

4 tbsp water

1 orange zested

2 tbsp runny honey

Preheat the oven to 200C, 180 fan, gas mark 6. Score carefully with a sharp knife around the middle of the apples and using an apple corer, remove the core and pips. Place on a baking tray. Combine the dates and stem ginger together and fill the centre of the apples with the mixture. Add water to the dish. Bake for 30 – 35 minutes until soft and cooked through. Meanwhile blend the buttery spread, orange zest, ground ginger and honey. When the apples are ready, serve with the flavoured spread and allow to melt over the apples. Delicious on any wintery day!!!

 **The smaller crocodile** turned to the bigger one & said, 'I can't understand how you can be so much bigger than me. We're the same age; we were the same size as kids. I just don't get it.' 'Well,' said the big Croc, 'what have you been eating?' 'Politicians, same as you,' replied the small Croc. 'Hmm, well, where do you catch them?' 'Down the other side of the swamp, near the parking lot, by the Capitol.' 'Same here, hmmm, how do you catch 'em?' 'Well, I crawl up under one of their Lexus cars & wait for one to unlock the car door. Then I jump out, grab them by the leg, shake the shit out of them & eat 'em!' 'Ah!' says the big crocodile, 'I think I see your problem. You're not getting any real nourishment. See, by the time you finish shaking the sense out of a politician, there's nothing left but an empty vessel and a briefcase.'

Forthcoming programme.

March.

Wednesday 2nd Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 5th Walking back to health – 🦘 details to follow.
Wednesday 9th Swimming at the Queens Leisure Centre at 3.15 PM.
Monday 14th Actor Patrick Ashcroft will inform us about the “History of Calke Abbey and the Harpur Crewe Family” at 2.30 PM in the Friends Meeting House, St Helens Street, Derby.
Tuesday 15th Lunch at The Jonty Farmer, Kedleston Road, Derby DE22 1FT at 12 noon
Wednesday 16th Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 23rd Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 29th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 30th Swimming at the Queens Leisure Centre at 3.15 PM.

Amendment to Programme of events – please amend you diary/calendar.

The tortoise walk on 16 April starts at 10 am, not 12 noon and use the overflow car park. Allestree Park Walk planned for Tuesday 24th May, will now take place on Tuesday 17th May.

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
Live Well, phase 4 sessions via Derby City Council 01332 641254 or livewell@derby.gov.uk
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. 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.

 **Forty years of marriage.** A married couple in their early sixties are celebrating their 40th wedding anniversary in a quiet, romantic little restaurant. Suddenly, a tiny yet beautiful fairy appeared on the table. She said, “For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish.” The wife answered, “Oh, I want to travel around the world with my darling husband.” The fairy waved her magic wand and – poof – two tickets for the Queen Mary II appeared in her hands. The husband thought for a moment, “Well this is all very romantic but an opportunity like this will never come again. I’m sorry my love, but my wish is to have a wife 30 years younger than me.” The wife and the fairy were deeply disappointed, but a wish is a wish! So the fairy waved her magic wand and – poof – the husband became 92 years old. The moral of this story: Men who are ungrateful should remember that fairies are female!!!

 **2016 subs are now due!** Thank you to those who have already paid you subs for 2016. This year we are doing exactly the same things we have been doing for the past few years – coffee morning, monthly talk, walks, swimming and lunches. The difference by being a charity is that we are more efficient with the way we look after our finances. Gift aid allows us to achieve a 25% “donation” from the tax man. Your minimum £10.00 donation will be worth £12.50 to TH(D). If you donate more, as many of you do, you can see it can make a huge difference and does not actually cost you more. We can also reclaim VAT in many situations. Please return the slip below to our treasurer, R. Flatman, 32 Cornhill, Allestree, Derby DE22 2FS and cheques payable to “Take Heart (Derby)”.

Take Heart (Derby) Registered Charity No. 1163703

I would like to enhance my donation through Gift Aid. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

Name (print)

Address (incl. post code)

Signed Date

Please notify the charity if you: want to cancel this declaration change your name or home address no longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

One of the objectives of becoming a charity was to raise the profile of the group in order to reach more heart patients, their family and carers. As a by-product, other organisations have become more aware of Take Heart (Derby) and some of the things we do. Uffa Magna Women’s Institute have adopted us as their charity of the year for 2016. Our Chairman has been to visit this WI and given them a brief outline of what we get up to. They will follow our progress on a monthly basis by receiving a copy of this Newsletter.

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