

Take Heart

(Derby)


Registered Charity No 1163703

www.takeheartderby.co.uk

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



Newsletter July, 2016.

 **June coffee morning.** The holiday season looks to have started for members (or was it the dreadful weather during the wettest June on record) that saw attendance down to 32 members. We did, however, welcome Barbara Polhill whom we have not seen for a number of years. She was delighted to be back amongst many friends with whom she chatted for hours. We also welcomed two new members Douglas Moseley and Brenda hope they enjoy our company on many other occasions. There was also another possible member checking us out. This month the “bacon butty” consumers were absent but they will be back next month.



 **The English Plural according to....**

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.

Lunch at the White Swan. A return to one of our favourite eating houses, The White Swan at Littleover saw 18 members enjoy another meal together. As usual there was a lot of catching up being done and the subject of Derbyshire Cricket was put to bed almost as quickly as their recent innings. It was good to see John & Barbara Cooper again, along with all the usual suspects. Most were satisfied with their main course but a few indulged in a sweetie dish. We did see one member trying to hide his bit of luxury – can you name him?



📌 **Can you save 10p per week until February 2017?** If each member household were to save 10p per week, as a group we could see £500.00 raised over a full year for our 2017 Jam Jar Challenge. Amazing and easy! The BHF finance some amazing research to help us and those who are yet to have heart problems. Please help if you can?

📌 **Mary Clancy** goes up to Father O'Grady after his Sunday morning service, and she's in tears. He says, "So what's bothering you, Mary my dear?" She says, "Oh, Father, I've got terrible news. My husband passed away last night." The priest says, "Oh, Mary, that's terrible. Tell me, Mary, did he have any last requests?" She says, "That he did, Father." The priest says, "What did he ask, Mary?" He said: 'Please Mary, put down that damn gun...'

📌 **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. If you don't have email then phone Michael to arrange for him to copy your photo from your camera.

📌 **Feedback.** The following is feedback from last month's Newsletter, "Great job the link works well on your email newsletter/The email arrived intact thank you, an interesting read (as always) with laugh out loud jokes/Thank you for the newsletter, good news about the swimming, I'm off to get my cossie on and get in that pool for some much-needed exercise/Great to see the new format. Do let me know the feedback you get from other members. It could potentially be something we talk to other Heart Support Groups about/Welcome to Mailchimp! Your email looks very professional. Thanks for the newsletter/Thanks for newsletter. Great to hear swimming starting again/Thank you for the newsletter. Hope you are both OK/Thanks for the above, great as usual, thanks too to those concerned for the excellent cream tea at Royal Crown Derby/All Ashbourne members have been given a copy/Thanks for the June newsletter, loved the joke about the blonde, and also the Thai bride. Great letter again." Contact Michael with your views!

📌 **2016 AGM.** Twenty-five members recorded their names in the register for this meeting. Michael opened the meeting by welcoming the members, recorded apologies from a further eleven members and then proceeded to conduct the business. There were a number of reports about publicity, walks, swimming, lunches, guest speakers and membership. There were three resolutions put before those assembled, which were all carried



unanimously. Michael then welcomed our President Dr Julia Baron to take any questions from the members. There were questions about statins, which is a popular and regular topic but we were advised that generally there is sufficient evidence of the effectiveness of statins that it is thought the benefits far outweigh the side effects for most people. There was also a question of troponin levels to indicate a heart attack. We learnt that other factors were taken into account before a diagnosis was given, including blood pressure, ECG reading, x-ray and patient history, so not a straight forward answer. We were advised also that new drugs were expected to be approved shortly for treatment of heart failure. Questions were raised about the longevity of valve replacement and the types available. The most commonly used valve replacements currently are from pigs which have proved to be very reliable. So, a great big thank you to Dr Baron.

📌 **Next month.** Pat Hall is our speaker for August. She will give a fun talk- including humorous poetry- on the subject "Nil by Mouth." Pat is a great observer of the everyday - and she collects odd anecdotes, including some jokes and adding nostalgia, if appropriate. Audience participation is very welcome so come on – lets have some more fun on 8 August at 2.30 PM in The Friends Meeting House, St helens Street, Derby DE1 3GY.

📌 **A drunk** staggers into a Catholic Church, enters a confessional booth, sits down, but says nothing. The Priest coughs a few times to get his attention but the drunk continues to sit there. Finally, the Priest pounds three times on the wall. The drunk mumbles, "ain't no use knockin', there's *no paper on this side* either!"

📌 **News for swimmers!** Queens Leisure Centre has re-opened the Gala Pool as of 20 June. The Family pool is expected to open sometime during August whilst repairs are on-going. Get back in the water (no not the rain outside). 3.15 til 4.00 PM every Wednesday.


📌 **Don't** let your mind wander – it may never come back!!


 **Denby Factory Tour.** Take a tour around Denby factory to see how the famous brand





of pottery is made on 13 September 2016. Learn about the 200 years of history behind this successful manufacturer and try your hand at creating a "frog". The tour starts at 1.00 PM and lasts about 90 minutes. Normal price is £4.25 but members will pay only £2.25 on this occasion (non-members welcome at the full price). There will be time for tea or coffee afterwards at Browns café on site. For those who need public transport, the Chesterfield Comet uses Derby Bus Station and stops outside the factory. Please book via Pam Fearn, 22


Blagreaves Lane, Derby DE23 2NS or 01332 606563. There is ample parking on site for cars.

 **Love this Japanese Doctor!** Is chocolate bad for me? A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It's the best feel-good food around!

 **Member news.** We have heard that Maggie Wallis has undergone angioplasty following a heart attack. She is home and recovering well. Barry Birkin has been referred to Nottingham City Hospital for an operation. Jean Moseley has started her chemotherapy treatment at RDH. Yours truly has been unwell recently but is staggering on. Last month I got it wrong about Jean & Vic Percival – sorry folks. If you know anyone who is unwell, then please let Michael know. We wish all who are ill a speedy recovery.

 **Four Catholic men and a Catholic woman** were having coffee in St. Peter's Square. The first Catholic man tells his friends: "My son is a priest. When he walks into a room, everyone calls him 'Father'." The second Catholic man chirps . . . "My son is a Bishop. When he walks into a room people call him 'Your Grace'." The third Catholic gent says: "My son is a Cardinal. When he enters a room everyone bows their head and says 'Your Eminence'" The fourth Catholic man says very proudly: "My son is the Pope. When he walks into a room people call him 'Your Holiness'." Since the lone Catholic woman was sipping her coffee in silence, the four men give her a subtle, "Well...?" She proudly replies: "I have a daughter: SLIM, TALL, BLONDE, 38DD BREASTS, 24" WAIST and 36" HIPS - and when she walks into a room, people say: "Jesus Christ!"

 **Birthdays.** Birthday wishes this month go to Bob Betchley, Cath Blatherwick, Pam Fearn, Gill Flatman, Ian Gibson, Yvonne Gilbert, John Gutteridge, Enid Jeffrey-Walker, Mick Knifton, Antony Lloyd, Mick Neil, Anita Pemberton, Margaret Potter, Margaret Storry, Neil Thompson, Marilyn Thompson, Ian Walker, Jaqueline Walker and Chris Wright. A very happy birthday to you all. If I have missed you, please contact me with your details.

 **Love this Japanese Doctor!** Q: Is swimming good for your figure? A: If swimming is good for your figure, explain why to me.



News from the British Heart Foundation. 8 tips for living with multiple health

conditions. More than a third of the UK adult population live with a long-term condition, and it's estimated that as many as half of them live with more than one. We explain seven ways to make your life easier if you have multiple conditions.

1. Find out what help is available. Talk to your GP about services in your area for people with multiple conditions, including [community support](#). 2. Try to schedule medical appointments for the same day if possible. Assuming they are in the same place, this can reduce visits and travel time. 3. Take a few minutes to prepare for medical appointments. Write down [questions you would like to ask](#), especially if you're worried that you might forget them. 4. Ask your GP if there is an Expert Patient course in your area. This can help you learn about coping with chronic conditions and dealing with pain. 5. Organise your medicines in a way that works for you. If you have lots of medicines to take, it can be hard to keep track. Some people find a dosette box or pill organiser (a plastic box which is separated into different compartments for each day and each time of day, pictured above) helpful. You can get these from pharmacies or buy them online. Usually you would fill these once a week - ask someone to help you if necessary. Or you could try making a daily chart to show when you should take each medication. Or you could label your medication containers with the time you should take them, or keep medication where you are likely to take it at the time - for example, put breakfast tablets in the kitchen, and bed time pills on your bedside table. 6. Request a free Medicines Use Review.

In England, this is an appointment with your local pharmacist to talk about how you're getting on with your [medications](#). It is useful if you regularly take several prescription medicines or have a long-term illness. If you're prescribed a new medication for [high blood pressure](#), type 2 diabetes, asthma, chronic obstructive pulmonary disease (COPD), or to thin your blood (such as [warfarin](#) or [clopidogrel](#)) you can ask for extra help from your pharmacist via the New Medicines Service (England only). 7. Get support from people around you. Friends and family can play an active role in the care of their loved ones. Group activities such as [walking](#) or exercise classes are great [physical activity](#) and have been shown to help with psychological issues, such as [loneliness](#) and [depression](#). Joining a support group can also help. Find your [local support group](#) or call 0300 330 3300 to find your nearest group in England and Wales. 8. Being informed about your condition can help you feel in control. Visit [NHS Choices](#), or other charity websites for different conditions, such as [Diabetes UK](#). Call the [BHF's Heart Helpline](#) on 0300 330 3300 to get answers about heart disease and related conditions. Source

(https://www.bhf.org.uk/heart-matters-magazine/medical/8-tips-for-living-with-multiple-conditions?utm_medium=email&utm_campaign=1375381_HEARTHEALTHRESOURCES%20New%20Resources%20July%202016%20060716&utm_source=dotmailer).




Tortoise walks.


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

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

Monday 17th October. Alvaston walk of 2 ³/₄ miles, meet at St Michaels & All Angels Church, Church Street, Alvaston, Derby DE24 0PR.

All walks meet at 9.45 to walk at 10.00. Bring your grandchildren and pets during the summer break so as not to miss out. It is fabulous fun and very healthy.


 **Love this Japanese Doctor!** Q: Is getting in shape important for my lifestyle? A: Hey! 'Round' is a shape!

 **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.




 **Forthcoming programme.**

July.

Saturday 23rd Walking back to health -  - walk at Elvaston Castle park of 2 miles, meet in car park, Borrowash Road, Elvaston, Derby DE72 3EP.
Tuesday 26th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 27th Swimming at the Queens Leisure Centre at 3.15 PM.

August.

Wednesday 3rd Swimming at the Queens Leisure Centre at 3.15 PM.
Monday 8th “Nil by Mouth” is the title of this humorous talk by Pat Hall at 2.30 PM in the Friends Meeting House, St Helens Street, Derby DE1 3GY
Wednesday 10th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 16th Lunch at The Mill House, Derby Road, Milford, Derby DE56 0QW at 12 noon.
Wednesday 17th Swimming at the Queens Leisure Centre at 3.15 PM.
Thursday 18th Walking back to health -  - Darley Park walk of 2 miles, meet at Deans Field car park, off Darley Street, Darley Abbey, Derby DE22 1DX at 9.45 to walk at 10.00.
Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 30th Coffee morning at The Cube café/bar, Chapel Street, Derby DE1 3GU from 10.30 AM.
Wednesday 31st Swimming at the Queens Leisure Centre at 3.15 PM

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. 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.

BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.

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Affiliated to the British Heart Foundation