

Take Heart

(Derby)


Registered Charity No 1163703

www.takeheartderby.co.uk


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





Newsletter June, 2016.

 **Lunch at the Blue Jay.** An amazing 22 members found themselves at the Blue Jay. There were various meal and deal options for carvery meals and plenty of variety on the regular menu. So there was lots of clatter and chatter as meals were consumed. What a lovely way to spend an hour or so with friends over a meal. And there were lots of “puds” too, including chocolate!!! Nice to see some members for the first time too and here’s hoping we see more of you next time (see forthcoming events on last page).



 **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?

 **The luck of the Irish.** Brenda O'Malley is home making dinner, as usual, when Tim Finnegan arrives at her door. "Brenda, may I come in?" he asks. "I've somethin' to tell ya". "Of course you can come in, you're always welcome, Tim. But where's my husband?" "That's what I'm here to be telling ya, Brenda. There was an accident down at the Guinness brewery..." "Oh, God no!" cries Brenda. "Please don't tell me." "I must, Brenda. Your husband Seamus is dead and gone. I'm sorry. Finally, she looked up at Tim. "How did it happen, Tim?" "It was terrible, Brenda. He fell into a vat of Guinness Stout and drowned." "Oh my dear Jesus! But you must tell me truth, Tim. Did he at least go quickly?" "Well, Brenda... no. In fact, he got out three times to use the toilet."

 **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, "*Just down loaded the Newsletter looking forward to reading it/ Always encouraging to receive your mail/ A great chuckle and super read as always/ Many thanks for the newsletter. Hope to see you at the next coffee morning/ Thanks for the newsletter, a great read as always! It was lovely to see the photo of you and Trisha receiving your award and of Trisha accepting a cheque. She looks very well/Received and read. You do a good job, it is an interesting and fun read/Thank you very much for the news letter,impressed with the jokes as usual,don't know where you find them/Thank you for the news letter, very informative and funny/thanks for the May newsletter, still a great read with plenty of jokes and info as usual*". We received a letter from Vera Allsopp who wrote "*I have received the Take Heart Newsletter today. It was lovely to see the photograph of Trisha with Clive Moore and Jean Ellison taken at St Thomas' Church at a concert, the Madeley Players. I was there and sat behind the Deputy Mayor, it was a wonderful show, couldn't stop laughing. I go to St Thomas' Church regular, coffee morning once a month (I help on a stall), also concerts. The church I go to on a Sunday is Dean Street Methodist which is in the next street from Boyer Street. That is where I met Gordon 24 years ago. He is quite well at the moment in the nursing home since 2010. I go twice a week, I take the Newsletter and I read to him.*" Great to hear from you Vera best wishes to you and Gordon. Contact Michael with your views!

♥ **A chap** goes to Thailand and picks up a lovely new wife. A year later his mate at the golf club asks "How's that lovely wife you picked up in Thailand?" "She died – rather suddenly." "Oh I am sorry – what happened?" "Prostate cancer"

♥ **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.

♥, **Presentation of a Sara Steady Chair.** What an amazing piece of equipment. Used to help patients from bedside to bathroom and back, it takes the strain off both the nurse and patient. Once in a standing position, a seat folds around the patient and they can be moved effortlessly, even with one finger as we found on the day of the presentation to ward 408. Patients can be moved to the day room for a change of scenery and return to bedside when a doctor or nurse need to give medication or a meal. "*It is absolutely effortless and a big saving in terms of numbers of nurses needed to transport patients. A great bonus*" says Senior Sister Marie Jackson of ward 408. Marie can be seen with Margaret Storry, Trisha Flude and Pam Fearn. Marie is very grateful for the continued support of Take Heart (Derby) members and their generosity. We are delighted to help once again.



Are you the lucky guy? You pick up a hitchhiker... A beautiful girl. Suddenly, she faints inside your car and you take her to the hospital. Now that's stressful. But at the hospital, they say she is pregnant and congratulate you that you're going to be a father. You say that you are not the father, but the girl says you are. This is getting very stressful! You request a DNA test to prove that you are not the father. After the tests are completed the doctor says the test shows you're infertile, and probably have been since birth. You're extremely stressed but relieved. On your way home, you think about your 5 children at home!!!

Next month is our AGM. As usual, this meeting will be free for members to attend and will include tea/coffee and biscuits. Our AGM for 2016 will be held at 2.30 PM on 11 July 2016 at the Friends Meeting House, St Helens Street, Derby DE1 3GY. Notice of resolutions is hereby given as follows: (1) Since becoming a charity, we have needed to change the way in which our finances are reported to comply with Charity Commission standards. Accordingly, we moved our AGM date to July. This will allow sufficient time for the accounts to be audited. We will therefore need to amend para 10 sub para (2) which currently reads "*An Annual General Meeting (AGM) must be held*



annually at a designated place and time (usually in May), and not being more than fifteen months from the previous AGM. The resolution is to amend this paragraph at the AGM to read "*An Annual General Meeting (AGM) must be held annually at a designated place and time (usually in July), and not being more than fifteen months from the previous AGM.*" I trust that you will see the need for this change and vote in favour at the AGM. (2) Committee members for the forthcoming election at the AGM have been found. Angela and Mick Neill and Jean Moseley have offered to serve on your committee and will stand for election at the AGM. (3) No other nominations have been received and therefore we intend to elect Michael Flude to be Chairman for the following three years. There will also be an opportunity to ask questions of Dr Julia Baron, Cardiac Consultant of RDH and our President. So make a note of your queries and stick your hand up. It might be quicker than waiting for an outpatient appointment!!!

A couple who work at the traveling circus go to an adoption agency. Social workers there raise doubts about their suitability to adopt. The couple produces photos of their expensive, 50 foot Prevost motor-home, which is already equipped with a beautiful nursery. The social workers then are doubtful about the education that the child would get. "We've arranged for a full-time tutor to travel with us who will teach the child all the usual subjects along with French, Mandarin and computer skills." Then there are doubts about raising a child in a circus environment. "Our nanny/housekeeper is an expert in paediatric welfare and diet." The social workers are finally satisfied. They ask, "What age and sex of child are you hoping to adopt?" "It doesn't really matter, as long as it fits in the cannon."

Summer afternoon cream tea. What a treat 53 members and guests (including representatives of ward 408 RDH) enjoyed this summer.



A cream tea, consisting of fruit scone, jam, clotted cream with tea or coffee. Not only did it look good, it tasted great. There were copious amounts of tea and coffee “slurped”. There were also 14 prizes up for grabs in our raffle. members commented “*Lovely scones and cream/great way to spend an afternoon/I did not know this place existed despite living here most of my life – wonderful/definitely coming again even though TH(D) won't subsidise it next time/well done to all those who helped to organise this lovely event.*” Many thanks to Margaret, Pam Trisha & Michael.

Love this Japanese Doctor! Q: Aren't fried foods bad for you? A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Member news. It is with much sadness that I report the passing of Dawn Freeman, whilst on holiday in Benidorm. Her sister and brother-in-law were at her bedside to bid farewell. We have recently heard from Molly Illsley that she has been experiencing difficulties. Jean Moseley is now managing reasonably well at home and fighting back. Barry Birkin is awaiting results of a biopsy. Jean Percival is recovering from a fall, whilst husband Vic is waiting further treatment. April Howe has had a minor operation. If you know anyone who is unwell, then please let Michael know. We wish all who are ill a speedy recovery.

Birthdays. Birthday wishes this month go to Jean Birkin, Janice Bridges, John Cooper, Brian Fearn, Ivy Johnson, Margaret Knifton, Roy Pearson, Edward Potter, Lyn Rowlatt, John Salt, Per Steahr, Steven Simcox, Christine Whewell, Coleen Yates and William Whitaker. A very happy birthday to you all. If I have missed you, please contact me with your details.

Love this Japanese Doctor! Q: What are some of the advantages of participating in a regular exercise program? A: Can't think of one, sorry. My philosophy: No pain...good!



Thursday 19th May was bright, fairly sunny and warm. Seven members met at Allestree Park for a walk of just over a mile. Allestree Hall is a former 19th century country house built on the outskirts of Derby, standing in 300 acres of parkland and is Grade 2 star listed. Starting with a walk through woodland we noticed that some of the large Sycamore trees had been felled. Sycamore is an invasive tree and the felling of some of them will hopefully give rise to more native trees appearing in the future. Above we could hear birds singing. Reaching the lake we continued past the weir and on to the viewing platform. Canada Geese, Moorhens, Mallards, Great Crested Grebe, Coots could all be seen on the water. Some members took a few minutes to feed the ducks. Walking back towards the hall we could see on our left the remains of strip farming that took place on the land until 1763. Walking past the Turtle Pond (some of us remember the stone turtles being in the fish pond in the River Gardens), we then ventured into the very pleasant café within the Hall for refreshment.

This belongs the golf club members, but is also open to the general public. A few bacon cobs soon appeared for the usual suspects but Avril and Steve decided on the healthy option of egg on toast. We all enjoyed this short walk and getting together for refreshment at the end of it was a bonus. Even on a dull day, walking is great fun, a fantastic and inexpensive way of helping towards fitness. There is plenty of opportunity to chat during the walk and at the refreshment stop. So see you all there?



Another Blond joke. A blonde sadly died and arrived at the Pearly Gates. 'I'm sorry', St Peter said; 'But Heaven is suffering from an overload of goodly souls and we have been forced to put up an Entrance Exam for new arrivals to ease the burden of Heavenly Arrivals.' 'That's cool' said the blonde, 'What does the Entrance Exam consist of?' 'Just three questions' said St Peter. 'Which are?' asked the blonde. 'The first,' said St Peter, 'is, which two days of the week start with the letter 'T'. 'The second is 'How many seconds are there in a year?' 'The third is 'What was the name of the swag-man in Waltzing Matilda?' 'Now,' said St Peter, 'Go away and think about those questions and when I call upon you, I shall expect you to have those answers for me.' So the blonde went away and gave those three questions some considerable thought (I expect you to do the same). The following morning, St Peter called upon the blonde and asked if she had considered the questions, to which she replied, 'I have.' 'Well then,' said St Peter, 'Which two days of the week start with the letter T?' The blonde said, 'Today and Tomorrow.' St Peter pondered this answer for some time, and decided that indeed the answer can be applied to the question. 'Well then, could I have your answer to the second of the three questions?' St Peter went on, 'how many seconds in a year?' Without hesitation the Blonde replied, 'Twelve!' 'Only twelve?' exclaimed St Peter, 'How did you arrive at that figure?' 'Easy,' said the blonde, 'there's the second of January, the second of February, right through to the second of December, giving a total of twelve seconds.' St Peter looked at the blonde and said, 'I need some time to consider your answer before I can give you a decision.' And he walked away shaking his head. A short time later, St Peter returned to the Blonde. 'I'll allow the answer to stand, but you need to get the third and final question absolutely correct to be allowed into Heaven. Now, can you tell me the answer to the name of the swagman in Waltzing Matilda?' The blonde replied; 'Of the

three questions, I found this the easiest to answer.' 'Really!' exclaimed St Peter, 'And what is the answer?' 'It's Andy.' 'Andy?' 'Yes, Andy,' said the blonde. This totally floored St Peter, and he paced this way and that, deliberating the answer. Finally, he could not stand the suspense any longer, and turning to the blonde, asked 'How in God's name did you arrive at THAT answer?' 'Easy' said the blonde, 'Andy sat, Andy watched, Andy waited 'til his billy boiled.' And the blonde entered Heaven... And what's worse you're now singing it to yourself!!



News from the British Heart Foundation. Mental stress could put heart disease patients at increased risk of a dangerous event, such as a heart attack, according to research presented at the British Cardiovascular Society (BCS) Conference in Manchester today. Observational studies on large populations have linked the acute mental stress caused by earthquakes or the World Cup with increased heart attacks and other adverse cardiac events. In contrast, in patients with known coronary heart disease and stable angina exercise stress is generally safe and likely beneficial. The study, funded by your donations and carried out at King's College London and St Thomas' Hospital, looked at 15 people with significant heart disease and 11 people without significant heart disease. The study volunteers underwent tests to trigger mental stress whilst the blood pressure and speed of blood flow inside the coronary arteries supplying blood to the heart were measured. The researchers saw an increase in heart rate and blood pressure during mental stress testing, reflecting an increase in oxygen demand by the heart muscle. Surprisingly in people with heart disease, blood flow in the coronary arteries did not increase to meet that demand. The researchers saw an increased inability of the blood to flow through the small blood vessels in the heart. There are 2.3 million people living with coronary heart disease in the UK and these findings suggest that, for those people in particular, mental stress is not benign. Now the researchers know how it can affect the heart, studies can be carried out to find treatments to counteract the effect of mental stress and reduce the risk of potentially deadly heart problems. Dr Satpal Arri, BHF Research Fellow at King's College London and Cardiology Registrar at Guy's and St Thomas' NHS Foundation Trust, who led the study supervised by Professor Simon Redwood, said: "These preliminary results show a clear association between mental stress and effects on the heart that are particularly concerning for people with coronary heart disease. Currently there are no specific treatments to counteract these effects, although current angina treatments such as beta-blockers, that reduce the body's stress response, may offer protection. Specific treatments for mental stress could come from this research in the future. Professor Jeremy Pearson, BHF Associate Medical Director, said: "We've known for some time, in part through BHF-funded research, that mental stress can have indirect effects on the heart. But this study has shed some light on how mental stress could pose a risk to people with significant coronary heart disease and that it may have a different effect from exercise stress, which, in contrast, can be beneficial. "Larger scale studies are needed to confirm this finding. However, during Euro 2016 it's likely that plenty of people will experience some mental stress and even more frustration. These findings emphasise that people with coronary heart disease should do what they can to minimise those stress levels once the tournament kicks off." "In the short term, our findings suggest that it's important that doctors are aware that mental stress may pose a risk for some people with coronary heart disease so they can then advise and treat patients accordingly to minimise that risk." Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/june/mental-stress-and-heart-disease>.

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.

Tortoise walks. The next stroll is at a local beauty spot, Elvaston Castle. There is a lot of history and some attractive gardens to be explored. This is a pay and display car park. More details from Dorothy 01332 556782 e-mail dorothy.stevens@ntlworld.com or Graham 01332 704195.

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 $\frac{3}{4}$ miles, meet at St Michaels & All Angels Church, Church Street, Alvaston, Derby DE24 0PR.

Five members met at Findern for this walk and although at first the weather didn't look promising it did improve. After meeting at the church car park we set off along Main Street, taking notice of the village pump that was in use until 1931 when mains water arrived in the village. We crossed the A50 then dropped down a footpath past the playing field, and finally reached the Trent and Mersey Canal. The canal starts at the River Trent near to Shardlow and finishes at Preston Brook near Runcorn. Over a distance of 93 miles it has 73 locks and four tunnels. Whilst walking towards Stenson we saw holiday narrow boats, mallard ducks, a moorhen, and a family of swans, mother father and three cygnets, the male being very protective of his family. Also along this part of the canal is



the Ballast Hole Pond, a newly created picnic area. The pond was reputed to have been dug out when gravel was required to build the nearby railway. This runs parallel to the canal, so we had glimpses of passing trains. Walking over the next canal bridge we followed the bridle path on the opposite side for a short distance and under a very low short tunnel. Either side of this structure are mounting blocks, so if you happen to

be horse riding along this path you will have to dismount to negotiate the low bridge and then remount. A right turn brought us onto a track through Stanhope Wood. This is a community woodland open to the public by kind permission of the land owners, the Cox family. The final part of the walk was past what would have been fish ponds that supplied Findern Priory with fresh fish. After just over two miles we arrived back at the car park, the weather having brightened up: then onto the garden centre for refreshment.

 **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.**

 **June.**

Tuesday 28th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 29th Swimming at the Queens Leisure Centre at 3.15 PM

July.

Wednesday 6th Swimming at the Queens Leisure Centre at 3.15 PM.
Monday 11th AGM report and resolutions, followed by the “Presidents Platform” from our President, Dr Julia Baron at 2.30 PM in Friends Meeting House, St Helens Street, Derby DE1 3GY.
Wednesday 13th Swimming at the Queens Leisure Centre at 3.15 PM.
Thursday 14th Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA at 12 noon.
Wednesday 20th Swimming at the Queens Leisure Centre at 3.15 PM.
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.
Wednesday 27th 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. 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.

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